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THE AMERICAN Legion

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For God and Country

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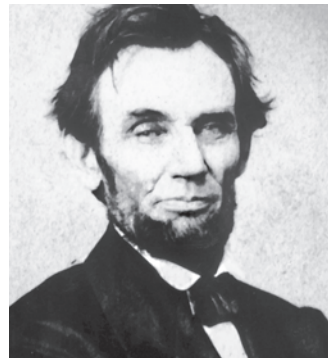
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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.7 million members. These wartime veterans, working through 15,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.



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COVER: Army veteran Michael Brockway, 34, is one of hundreds of homeless veterans living on the streets of Las Vegas. "The city is trying to make us criminals," he says. An estimated 500,000 veterans go homeless each year. *James V. Carroll*

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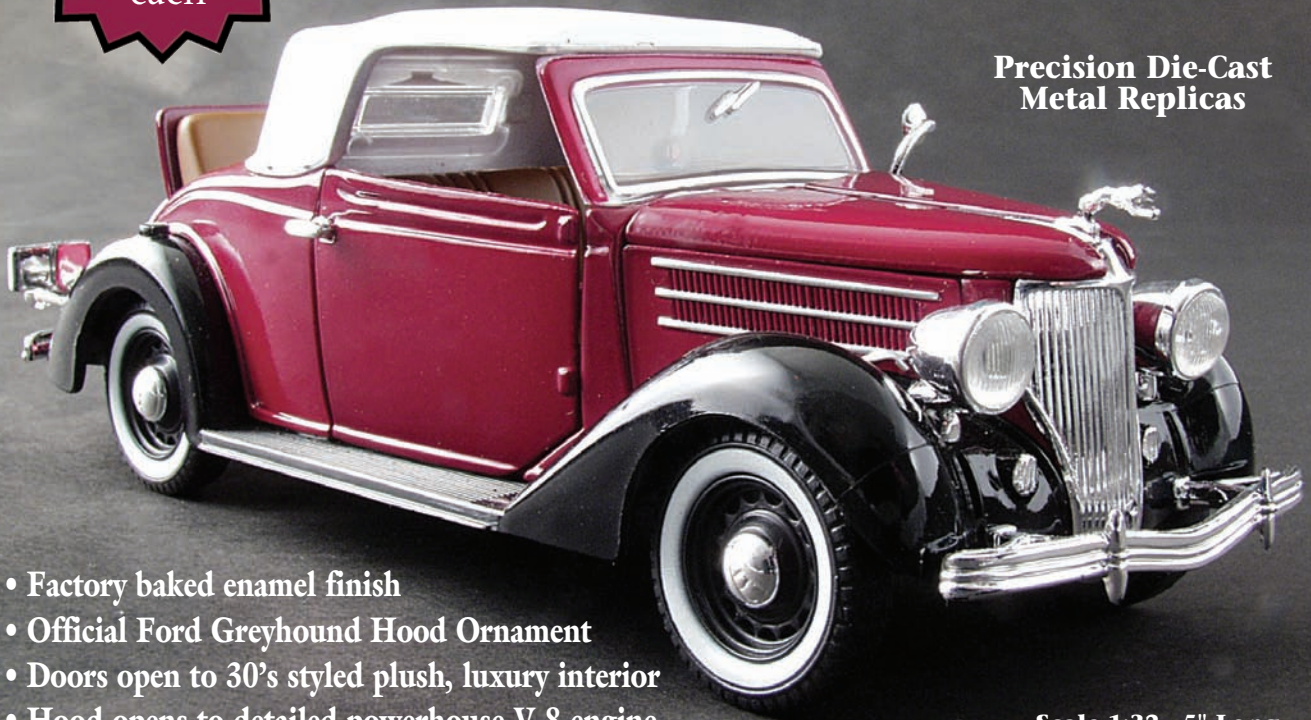
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Men of good will

On the cover of the December issue is a beautiful photo of caribou and the Northern Lights in Alaska. The cover text, however, reflects a common misconception: "Peace on Earth, Goodwill Toward



Men." Long ago, as I spent the first of many Christmas holidays underwater on a ballistic missile submarine, I found a book in the ship's library. For each day of the year, it contained a Bible verse and some discussion of the verse. For Dec. 25, the quote was "Peace on earth, to men of good will." It then expounded on the differences between this and the oft-quoted version of Luke 2:14, which you list on the cover.

To me, this is a world of difference. I want peace, and to those men of good will, I wish peace. But to those evil men in this world, I only wish endless anxiety, sleepless nights and ultimate justice. The only peace for them should be "eternal peace."

— Joe Osentoski, Marysville, Mich.

Good work

I have been seriously debating as to whether I should or should not renew my membership with The American Legion. National Commander Ron Conley's article ("A Matter of Life or Death," December) made up my mind for me. I sent in the check.

As a Vietnam veteran who has never asked the government for a nickel, I recently had to enroll — out of desperation — in the VA health-care system. I am hopeful that when I am compelled to seek medical attention, I will not be treated like an old sack of potatoes as has been the case for other veterans with whom I've spoken.

The good work Conley is doing will hopefully enhance the respectability of all former GIs.

— Joseph A. Moschella Sr., Burgettstown, Pa.

Thumbs down

I understand that politics makes strange bedfellows, and National

Commander Ron Conley has to be civil in his dealings with both sides of the aisle as he lobbies for veterans benefits. However, I think the photo of Conley and Sen. Tom Daschle, D-S.D., in the December issue could have been omitted in light of Daschle's consistent opposition in getting a flag-protection amendment passed.

— Ed Donegan, Brooklyn, N.Y.

The three R's

Thanks for your article on homeschooling ("No Average Education," December). Statistics show the advantages for America's students when parents take their children out of government schools and teach them at home. Amazingly, we still have people who argue that homeschooling deprives these children of "a wide variety of social interaction" and their need for diversity. Hogwash. Diversity is not now, nor ever will be, necessary for the success of America's students. It all comes down to the three R's. All this liberal claptrap impedes achievement in government schools.

— Donald E. Fouraker, Orlando, Fla.

Go public

It is disappointing to see our magazine promote homeschooling as an alternative to public schools. More 85 percent of the nation's children attend and graduate from public schools. At least 30 percent

go on to college and graduate. The rest go into the work force and perform as well, if not better, than any worker throughout the world.

If parents want to homeschool their children, that is their choice. I am a graduate of public schools, as are most members of The American Legion. At no time did I ever feel I was receiving an inferior education. My children attended public schools and graduated from college with top grades. If a child is doing poorly in school, the parents and the environment in which the child lives have more to do with it than the public schools.

— Fred Snell, Paw Paw, Mich.

Secure borders

Despite Tom Ridge's rosy description, we will not have homeland security until our borders are secure ("Share the Information," December). Soon after Sept. 11, the Department of Justice announced that 6,000 illegal aliens are in this country from those Muslim countries that hate America the most. Would Ridge be willing to tell us how many of these illegal aliens have been located and deported, or would it be too embarrassing?

Must one of our major cities go up in a nuclear cloud before our politicians get the backbone to really secure our borders? How many Americans must die before Washington puts homeland security ahead of politics?

— Clifton McNailey, Lenoir City, Tenn.

Cruel hoax

The Department of Homeland Security is a cruel hoax on the American citizenry and would be more appropriately named the "insecurity" agency. If one needed a wake-up call concerning our suicidal immigration policies, it would have been the first attack on the World Trade Center in February 1993, which several illegal immigrants masterminded. But in their insatiable desire for cheap immigrant labor and to pad voter rolls for their corrupt political parties, our so-called leaders decided to ignore the warning — and, ultimately, 3,000 people were killed Sept. 11, 2001, by 19 illegal aliens. More recently, an illegal

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The most common side effect is diarrhea. Symptoms of hypoglycemia (low blood sugar) such as lightheadedness, dizziness, shakiness or hunger may also occur.

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WARNING: A small number of people who have taken metformin hydrochloride have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take GLUCOVANCE. (See Question Nos. 9-13.)

Q1. Why do I need to take GLUCOVANCE?

Your doctor has prescribed GLUCOVANCE to treat your type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus.

Q2. What is type 2 diabetes?

People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. Why is it important to control type 2 diabetes?

The main goal of treating diabetes is to lower your blood sugar to a normal level. Studies have shown that good control of blood sugar may prevent or delay complications such as heart disease, kidney disease, or blindness.

Q4. How is type 2 diabetes usually controlled?

High blood sugar can be lowered by diet and exercise, by a number of oral medications, and by insulin injections. Before taking GLUCOVANCE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOVANCE, you should still exercise and follow the diet recommended for your diabetes.

Q5. Does GLUCOVANCE work differently from other glucose-control medications?

Yes it does. GLUCOVANCE combines two glucose lowering drugs, glyburide and metformin. These two drugs work together to improve the different metabolic defects found in type 2 diabetes. Glyburide lowers blood sugar primarily by causing more of the body's own insulin to be released, and metformin lowers blood sugar, in part, by helping your body use your own insulin more effectively. Together, they are efficient in helping you achieve better glucose control.

Q6. What happens if my blood sugar is still too high?

When blood sugar cannot be lowered enough by GLUCOVANCE your doctor may prescribe injectable insulin or take other measures to control your diabetes.

Q7. Can GLUCOVANCE cause side effects?

GLUCOVANCE, like all blood sugar-lowering medications, can cause side effects in some patients. Most of these side effects are minor. However, there are also serious, but rare, side effects related to GLUCOVANCE (see Q9 - Q13).

Q8. What are the most common side effects of GLUCOVANCE?

The most common side effects of GLUCOVANCE are normally minor ones such as diarrhea, nausea, and upset stomach. If these side effects occur, they usually occur during the first few weeks of therapy. Taking your GLUCOVANCE with meals can help reduce these side effects.

Less frequently, symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may occur. The risk of hypoglycemic symptoms increases when meals are skipped, too much alcohol is consumed, or heavy exercise occurs without enough food. Following the advice of your doctor can help you to avoid these symptoms.

Q9. Are there any serious side effects that GLUCOVANCE can cause?

GLUCOVANCE rarely causes serious side effects. The most serious side effect that GLUCOVANCE can cause is called lactic acidosis.

Q10. What is lactic acidosis and can it happen to me?

Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with metformin is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cases.

It's also important for your liver to be working normally when you take GLUCOVANCE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood tests on you from time to time to make sure your kidneys and your liver are functioning normally.

There is no evidence that GLUCOVANCE causes harm to the kidneys or liver.

Q11. Are there other risk factors for lactic acidosis?

Your risk of developing lactic acidosis from taking GLUCOVANCE (Glyburide and Metformin HCl Tablets) is very low as long as your kidneys and liver are healthy. However, some factors can increase your risk because they can affect kidney and liver function. You should discuss your risk with your physician.

You should not take GLUCOVANCE if:

- You have chronic kidney or liver problems
- You have congestive heart failure which is treated with medications, e.g., digoxin (Lanoxin®) or furosemide (Lasix®)
- You drink alcohol excessively (all the time or short-term "binge" drinking)
- You are seriously dehydrated (have lost a large amount of body fluids)
- You are going to have certain x-ray procedures with injectable contrast agents
- You are going to have surgery
- You develop a serious condition such as a heart attack, severe infection, or a stroke
- You are ≥80 years of age and have NOT had your kidney function tested

Q12. What are the symptoms of lactic acidosis?

Some of the symptoms include: feeling very weak, tired or uncomfortable; unusual muscle pain, trouble breathing, unusual or unexpected stomach discomfort, feeling cold, feeling dizzy or lightheaded, or suddenly developing a slow or irregular heartbeat.

If you notice these symptoms, or if your medical condition has suddenly changed, stop taking GLUCOVANCE tablets and call your doctor right away. Lactic acidosis is a medical emergency that must be treated in a hospital.

Q13. What does my doctor need to know to decrease my risk of lactic acidosis?

Tell your doctor if you have an illness that results in severe vomiting, diarrhea, and/or fever, or if your intake of fluids is significantly reduced. These situations can lead to severe dehydration, and it may be necessary to stop taking GLUCOVANCE temporarily.

You should let your doctor know if you are going to have any surgery or specialized x-ray procedures that require injection of contrast agents. GLUCOVANCE therapy will need to be stopped temporarily in such instances.

Q14. Can I take GLUCOVANCE with other medications?

Remind your doctor that you are taking GLUCOVANCE when any new drug is prescribed or a change is made in how you take a drug already prescribed. GLUCOVANCE may interfere with the way some drugs work and some drugs may interfere with the action of GLUCOVANCE.

Q15. What if I become pregnant while taking GLUCOVANCE?

Tell your doctor if you plan to become pregnant or have become pregnant. As with other oral glucose-control medications, you should not take GLUCOVANCE during pregnancy.

Usually your doctor will prescribe insulin while you are pregnant. As with all medications, you and your doctor should discuss the use of GLUCOVANCE if you are nursing a child.

Q16. How do I take GLUCOVANCE?

Your doctor will tell you how many GLUCOVANCE tablets to take and how often. This should also be printed on the label of your prescription. You will probably be started on a low dose of GLUCOVANCE and your dosage will be increased gradually until your blood sugar is controlled.

Q17. Where can I get more information about GLUCOVANCE?

This leaflet is a summary of the most important information about GLUCOVANCE. If you have any questions or problems, you should talk to your doctor or other healthcare provider about type 2 diabetes as well as GLUCOVANCE and its side effects. There is also a leaflet (package insert) written for health professionals that your pharmacist can let you read.

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alien from Jamaica – John Malvo – is accused of shooting 14 innocent American citizens.

Porous borders also bring severe health risks to American citizens. Dr. Jane Zucker of the Centers for Disease Control and Prevention in Atlanta reports that serious and contagious diseases are being introduced or are making a comeback due to illegal aliens avoiding health screenings: West Nile virus, tuberculosis, malaria, hepatitis B and others.

If Americans want real security, they must insist on a moratorium on all immigration and the deportation of all illegal aliens.

– John Mele, Maplewood, N.J.

Shifting blame

The article “Prelude to Pearl Harbor” (December) is more proof of our government trying to shift the blame from their duplicity in the attack on Pearl Harbor onto the officers on site: Adm. Husband E. Kimmel and Lt. Gen. William Short. Their careers and reputations were destroyed. I would imagine information like this would be devastating for the families of personnel who lost their lives at Pearl Harbor.

– Don Lahd, Crosby, Minn.

Ni’ihau memories

I greatly enjoyed Margaret A. Haapoja’s article about the Hawaiian island of Ni’ihau. It took me back 50 years to when I was assigned to the U.S. Coast Guard Loran transmitting station on Ni’ihau. We heard the stories of the crash of the Japanese Zero, along with how the pilot terrorized the native people and was captured and killed by the elderly man and his wife. The tale we heard was that he held the pilot down while she dropped a rock on his head.

I’ve heard little about Ni’ihau since I left. I hope the Robinson brothers who now own the island keep it the truly rare, isolated and pristine place it has been since the world began.

– Leslie F. Nyland, Moran, Mich.

Stop fiddling

After reading Georgie Anne Geyer’s “Acupuncture Warfare”

(December), I find many of her points are well-taken. I do not share our leaders’ optimism that reunification with Taiwan will come by peaceful means. This is the typical American failing of dreaming beyond the evidence.

We were to be China’s next war. Of course, we weren’t listening. Like Nero, we have been fiddling while Rome is burning. The Chinese have told us we are the enemy and that if we continue to aid Taiwan it would not be averse to lobbing a few into Los Angeles.

A war with Iraq certainly presents an opportunity for China to gobble up Taiwan. We cannot afford to fight two wars. They can easily divide our navy with a blockade of the Panama Canal. By the time we get enough naval influence into that region, it will be over. China was ready to clobber a lazy America until Sept. 11 woke this great country, and we began putting muscle into our military. Now China’s timetable has been set back, but not in the case of Taiwan. Has Nero stopped fiddling yet?

– George M. Haddad, Franklin, Mich.

Save public lands

Rep. Rush Holt’s support of a ban on snowmobiling in Yellowstone National Park is based on outdated and distorted data (Big Issues, December). He claims “pollution is so awful during the winter months that park rangers have resorted to wearing gas masks to avoid getting ill.” That was a staged event by radical groups and supported by a few rangers for publicity purposes. Snowmobiles have been limited to a few select, groomed roads with an average daily use of 840 and some special weekends of 1,650. That’s a season total of 150,000 compared to summer vehicle travel of more than 3 million vehicles. Snowmobiles are 5 percent of use.

I suggest Holt and others find more constructive endeavors.

– Wayne Pelkey, Barre, Vt.

Insult to veterans

The article “Remains of U.S. Servicemen Recovered in North Korea” (Legion News, December)

bothers me. We took an oath to defend this nation, not the United Nations. I feel that to call our soldiers a U.N. honor guard, as well as drape a fallen American serviceman’s casket with the U.N. flag, is an insult to the fallen as well as the rest of us who have served.

– Bob Valley, New Durham, N.H.

Lasting tribute

Jim Moore’s article “The Boys of Praha” (November) was outstanding. For some time, the Texas State Cemetery Committee had been searching for a way to honor Texas World War II veterans. We came to the conclusion that the story of the young men from Praha was an excellent way.

On Veterans Day, the committee unveiled a monument dedicated to those nine young men who gave their lives for the cause of freedom. The monument was dedicated by U.S. Sen. Kay Bailey Hutchison with numerous family members, friends and members of the community in attendance. This story should not be forgotten.

– Martin L. Allday, chairman,
Texas State Cemetery Committee,
Austin, Texas

VA reform

The article “Mystery Maladies” (November) brings to light the problems we veterans face when filing claims with VA. During World War II, the military had the worst record-keeping system imaginable. It has since updated the system and now maintains true and accurate data for those who have served since Vietnam.

VA is a budget-driven system and should be a needs-driven system. Presently, if something isn’t noted in the records, claims are denied even if other evidence is submitted to substantiate the validity of the claim. VA directors and administrators are evaluated not on how many claims they approve but how many claims they reject. Records can be changed in favor of VA.

The American Legion Magazine should be proud of bringing to light VA’s problems. We must correct these injustices.

– Edmund A. Szymanski, The Villages, Fla.

Fair funding for veterans



National
Commander
Ronald F. Conley
Chase Studios

*For years,
VA's budget
has barely
increased
enough to
keep up with
inflation,
while its
patient
population
is growing
by leaps and
bounds.*



Patients across America sing the praises of the medical care they receive at Department of Veterans Affairs facilities. But VA falls short in the timely delivery of that care. Way short.

More than 300,000 eligible veterans are waiting six months or longer for initial primary-care appointments with VA doctors. Those lucky patients who do get in often wait several hours, crammed into waiting rooms where everyone is trying to see the same doctor at the same scheduled time.

More than 600,000 veterans are expected to enroll in the VA system this year, creating a patient load over 30 percent greater than previous estimates. Despite the growing work load, VA is being forced to cut back and do more with less.

The CARES study (Capital Assets Realignment for Enhanced Services) is an outright effort to seek ways to downsize VA health care, by compressing the number of facilities available to us. In some cases, that might be a judicious, more efficient option. However, it cannot be an option based on saving money. Such decisions must instead be made on the basis of the health-care needs of veterans, now and in the future.

For years, VA's budget has barely increased enough to keep up with inflation, while the patient population is growing by leaps and bounds.

VA health care is a discretionary spending item for Congress, which means lawmakers can strip funds from the system to balance the federal budget or finance unrelated pork projects with money that might otherwise help veterans in need of timely, quality medical attention. Forced to compete with other federal agencies for dollars, VA fails to get the funding necessary and therefore cannot possibly fulfill its mission to provide quality care in a timely manner. This budget condition keeps VA from being able to consistently fulfill the moral obligation of a nation grateful to be free.

The American Legion, Veterans of Foreign Wars and Disabled American Veterans are united in the belief that mandatory spending, rather than discretionary, is the best way to bring balance to VA care. Mandatory spending means funding for a program is based on formulas or criteria set forth in authorizing legislation, rather than by appropriations. Real dollars are

budgeted for real costs. In the case of VA health care, this means a cost-based average figure for every qualified veteran.

This is not a new invention.

Examples of mandatory-spending programs in the federal government can be found in Social Security, Medicare, salaries for members of Congress and payment of interest against the public debt. In fact, over half the federal budget is used on mandatory-spending items.

In the 107th Congress, two pieces of legislation – H.R. 5250 and S. 2903 – were introduced as the Veterans Health Care Funding Guarantee Act of 2002. They called for mandatory funding for VA health care – funding based on the actual number of veterans enrolled, with annual indexing for inflation. Both bills will need to be reintroduced at the start of the 108th Congress.

Cosponsorship of this legislation won't be enough.

We saw that last fall in the concurrent-receipt cop-out. Rather than battling the president and Washington bureaucrats to keep concurrent-receipt language in the 2003 Defense Authorization Act, Congress folded with a compromise to provide concurrent receipt to approximately 33,000 veterans. That means 515,000 disabled veterans will continue to have their retirement pay offset by the amount of their VA disability compensation. Congress had enough support to override a presidential veto, but facing that veto, the support wavered.

If you aren't going to support a bill to the very end, don't put your name on it. Actions speak much louder than words.

And action is what we need when it comes to funding the programs and services the American public wants for its veterans.

Encourage your senators and representative to do more than just agree to cosponsor legislation calling for mandatory VA health-care spending or concurrent receipt. Tell them U.S. military veterans want to see more than a name behind bills that, in the end, they afraid to defend. Congress must step up and fight for the programs they say they support, especially while on the campaign trail.

Remember, when the call came, we were willing to stand up and fight. All we ask is that our lawmakers do the same. If they won't, we need to remember that when election time comes around again.

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English as official U.S. language

SUPPORT

Rep. Peter King
R-N.Y.



During the time I have been in Congress, I have strongly supported making English our official language. Throughout our history, the English language has been the glue that binds us together as Americans. Generations of immigrants realized that to become part of American life they had to learn English.

Over the past 30 years, however, the federal government has imposed such programs as bilingual education and bilingual voting ballots. These programs – particularly bilingual education – have been a disaster. They have divided our country by

Throughout our history, the English language has been the glue that binds us together as Americans. Generations of immigrants realized that to become part of American life they had to learn English.

language and left immigrants in linguistic ghettos. We must redirect those resources to other programs that stress English comprehension.

That is why I am introducing the National Language Act in the 108th Congress to restore America's traditions and values by establishing English as our official language. In addition to declaring English the official language of the United States, the National Language Act abolishes the Office of Bilingual Education and

Minority Language Affairs; abolishes bilingual ballots; requires citizenship ceremonies to be conducted in English; and requires all federal publications and documents, such as income-tax forms, appear in English.

In addition, I support legislation to repeal Executive Order 13166 issued by President Clinton on Aug. 11, 2000. This Executive Order unfairly compels federal agencies to provide translation to individuals into any language they request.

In these troubled times, it is imperative that Americans come together. That is why I am committed to reversing three decades of misguided policies that have divided our country by encouraging new immigrants to use their native language at the expense of English.

Rep. Gene Green
D-Texas

OPPOSE



For the past 20 years I have represented a significant Hispanic population on the north and east sides of Houston. Through my experiences with Hispanics and other immigrants, I have seen how hard they work to learn English and become full participants in American society. This is also one reason I oppose "English-as-the-Official-Language" bills that are brought up in Congress.

The status of English as the language of the United States is already firmly established. If you try to file a document in court or for the public record, it must be written in English or have an English translation. Our citizenship ceremonies are required to be taken in English, and English is the language used in Congress and in all official activities of the U.S. government. English is well-established as one of a handful of languages of choice worldwide, and it is the primary

language of international commerce and air travel.

In states such as Texas, it is beneficial to allow for the use of alternative languages, such as Spanish, since a significant number of people speak Spanish as their primary language. Individuals who are new to Texas may find it useful for information to be provided in their native language. With better knowledge of the educational programs and job-training programs available, these individuals could learn English more quickly. In our congressional district, English-language courses are filled with students. People want to learn English.

Official English bills also are unnecessary, because more than 97 percent of Americans speak English. According to the Census Bureau, recent generations of immigrants have learned English

faster than previous generations. Declaring English the official language of the United States would not increase the percentage of Americans who speak English. And those who do not speak English are not any less American than those of us who do.

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James V. Carroll

No easy answers

Dozens of programs aim to reduce America's homeless veteran population, but progress is slow, arduous and often difficult to calculate. Those who work to help veterans get off the streets know there's only one way to tackle a problem so complex: one case at a time.

BY JAMES V. CARROLL

Craving alcohol and cigarettes, Ted Pytlik wandered the Jersey City, N.J., streets to feed his addictions. He panhandled. He manipulated anyone who might listen to his well-practiced con. At night, he slept in doorways, alleyways or in the Terminal Square bus station. He nearly lost his foot to frostbite one winter night. Life on the streets was dangerous, but Pytlik said he would rather brace against the winter chill than risk a night in a homeless shelter, where he believed greater dangers lurked. Hunger regularly drew him to American Legion posts, churches or soup kitchens, but the first order of business each day was to obtain money for booze – his passion, his nemesis.

"I've had three serious love affairs in my life, each gone wrong," explained Pytlik, a Vietnam veteran who knows how alcoholism and Post Traumatic Stress Disorder can strangle the hope right out of a man. "Blackberry brandy nearly killed me, rum landed me in prison, and vodka put me on the streets. I'd lie to priests or anyone else I could con to buy alcohol. I even left my mother's deathbed to beg for money, so I could buy booze to tide me over during the night."

Joseph Alberici, another Vietnam veteran who spent much of his postwar life on the streets, once awakened from a drunken stupor three feet from a railroad track. An-

other time, he found himself under a tree in the middle of a golf course during a lightning storm. In a suicide attempt, he jumped from the Staten Island Ferry only to be pulled kicking and screaming from the harbor waters. He cursed his rescuer. He was later diagnosed as an alcoholic and manic-depressive.

"I went from being a social drinker to a weekend drinker to a full-time drinker," he said. "I stopped paying rent. I was missing important meetings at work. I lost my job. I lost my apartment. In the end, my only home was inside a bottle of Jack Daniel's."

Pytlik and Alberici are two among more than 500,000 veterans who go homeless at some point every year. They are America's disconnected and unseen, living in the shadows, in flophouses, cardboard boxes, under bridges or on city sidewalks. They may be homeless by design, by happenstance, by malady or misfortune. They march alongside an enemy as withering and debilitating as any bullets they may have faced on the battlefield. That enemy is despair.

Cycle of Despair. Poverty, lack of affordable housing, lack of

affordable health care, domestic violence, mental illness and addiction disorders all fuel the problem of homelessness.

The National Low Income Housing Coalition calculates that a minimum-wage worker has to clock 87 hours a week to afford a two-bedroom apartment at the

federal standard of 30 percent of income. Thus, for many American veterans, employment provides no guarantee of a roof overhead. A 1998 U.S. Conference of Mayors survey of 30 cities found that one in five homeless people have jobs. "Poverty and homelessness are inextricably linked," says Donald Whitehead, director of the National Coalition for the Homeless. "Being poor means being an illness, an accident or a paycheck away from living on the streets."

Mental illness and substance abuse also figure prominently in the equation. The Department of Veterans Affairs says 45 percent of homeless veterans suffer from mental illness and, with considerable overlap, slightly more than 70 percent are addicted to drugs or alcohol. Ninety-three percent of homeless veterans experienced alcohol, drug or mental-health problems at some point during their lives, NCH says.

However, says Henrietta Fishman, service line manager at VA New York/New Jersey Veterans Health Care Network, homelessness cannot be explained away as an addiction problem alone. "Homelessness results from a



Navy veteran Harith Hasan, 54, sits on a cot awaiting the lunch hour. Hasan says the San Diego Stand Down provides a temporary respite from the dangers of street living. He has attended two of the events. *James V. Carroll*

complex set of circumstances that requires people to choose between food, shelter and other basic needs," Fishman said. "It will take jobs that pay a living wage, adequate support for those who cannot work, affordable housing and access to health care to bring an end to homelessness."

The Stand Down. In the summer of 1988, Robert Van Keuren and Jon Nachison were rafting on the Colorado River when they began talking about the dramatic increase of homeless veterans seeking help from their organization, Vietnam Veterans of San Diego. Van Keuren was executive director of VVSD at the time, and Nachison was the clinical director. As they tossed around ideas, Van Keuren recalled a getaway he and his Vietnam War buddies enjoyed after a particularly nasty engagement in the Mekong. The military called it a "stand down."

Why not develop a local stand down, they pondered – an event in which homeless veterans could find relief, safety and services in a military-style bivouac?

From that question arose the San Diego Stand Down, which has grown into a three-day event with shelter, food, clothing, legal aid, medical assistance, social services, substance-abuse help, mental-health counseling, job referrals and

transitional-housing options for more than 700 homeless veterans and their family members. More than 2,000 volunteers, including many formerly homeless veterans, participate. Approximately 150 private-sector businesses, nonprofit service organizations and government agencies also help.

Fifteen years after the first San Diego Stand Down, similar events have become a national phenomenon. More than 400 homeless stand downs nationwide are scheduled this year. The idea's popularity can be linked to a basic desire to help people in need. "Stand down is a belief in the triumph of the human spirit over extraordinary odds," Nachison said during last summer's San Diego Stand Down. "It grows out of a conviction that the overwhelming number of homeless veterans on the streets in America is unacceptable."

Homeless veteran Terrence Blann, a 39-year-old former Marine, grudgingly gives credit to VVSD for the short-term relief of the San Diego Stand Down, but he questions its long-term results. "If

you're hungry you get fed," said Blann, as he lay on a cot in the shade of a canvas tent. "If you're ill, you get attention. If you need clothes, you can get them. But nothing has been solved. At the end of the weekend, homeless veterans are still homeless. Even if they were to give us \$5,000, it wouldn't alter the fact that homeless veterans need jobs and places to live. The fact is there are few jobs available here in California, and the housing shortage keeps most homeless veterans on the streets. Stand down is little more than a Band Aid."

Still, small successes breed larger ones, said Bruce Thiesen, acting Secretary of California Department of Veterans Affairs and Past National Commander of The American Legion. "I'm 100-percent behind any effort to assist veterans," Thiesen said as he walked through the bivouac in San Diego. "Is VVSD succeeding in its efforts to provide safe shelter, hot meals, medical attention and one-stop service? Absolutely. One success story is enough to justify the effort, but there are a lot more successes than that in San Diego and across the country."

Van Keuren agrees. "We are just trying to get homeless veterans inside the gates. You don't leave anybody outside the wire. If you've got wounded you go get them. That's our goal. We look at our efforts as a point of first contact to help homeless veterans get on the right track. It's not the purpose of stand down to solve the homeless problem in three days."

Life After Stand Down. Most veterans who attend stand-down programs return to the streets. Some seek more comprehensive assistance. Veterans are invited to visit day-treatment centers, which provide homeless veterans who sleep in shelters or on the streets at

"We are just trying to get homeless veterans inside the gates. You don't leave anybody outside the wire – if you've got wounded you go get them."

– Robert Van Keuren, co-founder of San Diego Stand Down



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night a safe daytime environment. VA operates a handful of such centers throughout the country. They offer meals, therapeutic activities and programs to improve daily living skills, as well as a place to shower and wash clothes.

Project TORCH on Flatbush Avenue in Brooklyn is such a facility. "A primary goal of Project TORCH is to provide outreach and rehabilitation opportunities," said Julie E. Irwin, coordinator. "We provide crisis-intervention services, case management, entitlements counseling and linkages to VA and non-VA services. We operate a drop-in crisis center and a day-treatment component. We also refer homeless veterans to domiciliary care."

On-site programming at TORCH includes self-help groups, showers, a laundry room, clothing for veterans in need, and a community room. "Off site, we work with community providers to identify homeless veterans in the streets, in shelters and other institutions to inform them of VA services and to assist them in returning to independent, productive lifestyles," Irwin added.

TORCH also provides primary medical service and psychiatric assessment and treatment, domiciliary care or VA medical services, housing assistance, vocational assessment and counseling, emergency shelter placement and crisis management.

The program is not a free ride, Irwin says. Veterans must remain drug and alcohol free for at least 30 days before they are referred for vocational training, employment or housing. Enrolled veterans must attend the program at least three days per week, participate in group sessions each day and agree to toxicology screenings three days a week. There's no sleeping, no unorganized radio listening or television watching and no smoking.

"We expect veterans to be committed to recovery and rehabilitation," Irwin says. "That's not too

much to expect. Escaping the bonds of homelessness is hard work. But the work is worth it. Just ask a former homeless veteran who has returned to society as a productive member."

Healing the Wounds. Programs such as TORCH often refer homeless veterans to VA for more intensive treatment. VA operates more than 130 sites where extensive outreach, physical and psychiatric health exams, treatments, referrals, and ongoing case management are provided to homeless veterans with mental-health or substance-abuse problems. VA's Health Care for Homeless Veterans Program places veterans needing long-term treat-



Dental technician Elizabeth Nisperos checks the blood pressure of Army veteran Leonard Lindsey. Navy dentists from San Diego Submarine Base performed approximately 150 dental procedures at the annual stand down. *James V. Carroll*

ment into community-based facilities. During the program's last reporting year, more than 40,000 veterans were assessed, and some 4,900 received treatment in community-based facilities.

Some 14,000 homeless veterans make more than 80,000 visits to VA Vet Centers each year.

At Readjustment Counseling Service Vet Centers, homeless coordinators provide outreach, psychological counseling, supportive social services and referrals to other VA and community programs.

VA also operates the Domiciliary Care for Homeless Veterans Program, with medical care in a residential setting. Care is given to eligible ambulatory veterans dis-

abled by medical or psychological disorders or injury or age who do not need hospitalization or nursing home care. Nearly 1,800 domiciliary-care beds are available at 35 VA medical centers in 26 states.

Road to Rehabilitation. Pytlik and Alberici were referred to the Domiciliary Care Program – also known as the "Dom" – in St. Albans, Queens, N.Y., a four-month program in a 50-bed facility providing bio-psychosocial rehabilitation services. "Most homeless veterans at the Dom have issues such as chronic substance abuse, unemployment, family problems, depression, PTSD and other psychological difficulties," Fishman said. "However, the only requirement for admission is for a veteran to be homeless and abstinent from drugs and alcohol."

Twelve-step meetings, individual and group counseling, as well as recreational and sports activities are offered. An aftercare program also is available. If the Dom is the doorway to independence, the keys are VA's Compensated Work-Therapy and Transitional Residence programs, which have seen a 33-percent increase in homeless veteran participation since 1995.

Working Their Way Out. Compensated Work Therapy offers employment opportunities for at-risk and homeless veterans with physical, psychiatric and substance-abuse disorders. VA contracts with private industry and the public sector for work to be done by these veterans, who learn new job skills, relearn successful work habits and regain self esteem.

"For many homeless veterans, CWT provides a stepping stone to regain their independence through full-time employment," says John Kuhn, homeless services director at the VA New Jersey Health Care System. "Our mission is to provide outreach, treatment, rehabilitation,

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work training and employment, as well as housing opportunities to homeless veterans. In other words, to offer services they need to resume full and productive lives.”

CWT job opportunities in the New Jersey program include housekeeping, food service and warehouse work at the VA medical center. Construction teams periodically operate in three area counties, and homeless veterans also work at a greenhouse and a golf driving range.

In a joint project with the Salvation Army, homeless veterans also staff “Rainbow Collectibles” in Bound Brook, N.J., where donated items priced up to hundreds of dollars are sold. Veterans gain job experience, while VA and Salvation Army plow the proceeds back into the store or to help other homeless veterans, says Kenneth Mizarach, director of VA in New Jersey. “The goal is to provide real-life experiences, as opposed to make-work jobs in the hospitals,” Kuhn adds. “It’s not about profit. It’s about preparing homeless veterans to enter the workforce.”

In conjunction with the CWT program, VA operates more than 50 community-based transitional residences, with more than 425 beds, across America. Homeless veterans make up about 65 percent of the occupants. The housing provides veterans a place to stay as they gain work skills, Kuhn says. They are paid for their work and make monthly payments toward maintenance and upkeep. The average stay is about six months.

The Community Factor. The task of finding long-term housing – after formerly homeless veterans successfully complete CWT programs and get permanent jobs – can be daunting. VA’s Supported Housing Program links veterans with private landlords, public housing authorities and nonprofit organizations who are willing to make creative arrangements to put roofs over the heads of the formerly homeless. In 2000, VA staff at 26 Supported Housing Pro-

gram sites helped veterans find 1,950 transitional or permanent beds in the community.

VA’s Homeless Providers Grant and Per Diem Program, meanwhile, assists public and nonprofit organizations with grant money to establish and operate new supportive housing and service centers. Grants have exceeded \$63 million, according to VA, and when the projects are completed, some 5,500 new community-based beds will be available. Nearly 2,500 homeless veterans are already being served.

Local organizations also help homeless veterans find transitional housing. One such program is Pennsylvania’s American Legion Housing for Homeless Veterans Inc. The program is unique because it allows veterans to remain as long as they are trying to complete school or job training. They pay a

“I don’t want to spend millions of dollars on a whole lot of unsuccessful programs. I want to spend tens of millions of dollars on successful ones.”

– VA Secretary Anthony J. Principi

flat rent of \$75 a month.

“The program has grown from one four-unit building in Pittsburgh to seven transitional facilities across the state,” says American Legion National Commander Ronald F. Conley, one of the program’s founders. “Homeless veterans use the program to regain their balance, dignity and independence. We have served 350 to 400 veterans since the program began in 1987. Eighty-five percent of them found jobs and assumed productive lives. We give everybody an opportunity, a chance to progress at their own rate. Not a great number of people have gone through, but a lot have gotten jobs, married, remarried or reunited with their families.”

A Persistent Problem. “About 10 years ago, when I was VA deputy undersecretary, we were told one-third of the homeless population

were veterans,” explains VA Secretary Anthony J. Principi. “Today, one-third of the homeless population are veterans. Meanwhile we have spent billions of dollars addressing the plight of the homeless. What troubles me is that we are still where we were 10 years ago, notwithstanding that the economy, until recently, has been golden. We have to feed successful programs and starve unsuccessful ones.

“We can’t continue to throw money in all directions and believe we are being compassionate. It hasn’t worked. And it won’t work. I don’t want to spend millions of dollars on a whole lot of unsuccessful programs. I want to spend tens of millions of dollars on successful ones.”

Rep. Chris Smith, R-N.J., chairman of the House Veterans Affairs Committee, agrees it will take a focused spending strategy to bring results. Smith sponsored the Homeless Veterans Comprehensive Act of 2001, that declares the eradication of chronic veteran homelessness a national goal this decade.

President Bush signed the bill in December 2001, authorizing nearly \$1 billion over a five-year period for homeless veterans programs.

The law urges all departments and agencies of federal, state and local governments to work cooperatively and pool resources with private and public-sector entities, including faith-based organizations and individuals. “The key is to coordinate activities,” Smith says. “We must channel political will. We must have a passion about our efforts. We must resist compassion fatigue. It will take sustained, focused, aggressive intervention to break the homeless veteran cycle.”

It will take patience, says New Jersey VA’s Kuhn. “We take our victories where we can find them, one veteran at a time.” □

James V. Carroll is an assistant editor at The American Legion Magazine.

Article design: King Doosee

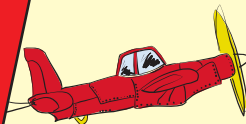
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The Other City of Angels



Corbis

Faith finds a home inside the Beltway.

BY WESLEY G. PIPPERT

Washington a city at prayer?

To many people cynical about politics and life in the nation's capital, the whole notion seems incredible.

But scattered throughout the city – among politicians, bureaucrats, the military, lawyers and even journalists – a surprising number of small groups is devoted to Bible study, prayer, personal sharing and accountability. Often the sessions are confidential, particularly the smaller ones, because personal experiences are shared. And the determination is nearly universal to keep politics out of discussions.

Some may ask why these kinds of groups have sprung up outside churches and synagogues. The explanation may be relatively simple. Churches, by definition, are a slice of society – young and old, rich and poor, occasionally ethnically mixed. But one reason these groups take root is that they draw together people who are bonded by common professions or missions. Professional people, after all, may spend more of their waking hours with colleagues than they do with their families.

But the raison d'être for these groups runs deeper than mere demographics.

"It's a variety of things," says Father John McCloskey, who has led several prominent Washington figures, including Sen. Sam Brownback, R-Kan., to conversion experiences. "One is God's grace. Freud, Darwin and Marx don't provide the solutions for a happy life."

Senate Chaplain Lloyd Ogilvie says he has found in Washington a greater awareness of spiritual need than in other areas, such as the West Coast and the Midwest, where he previously served pastorates.

"The motivation is to find spiritual help for the demanding lives they lead," Ogilvie said.

Consider:

In a recent Sunday School class at National Presbyterian Church, National Security Adviser Condoleezza Rice said, "Among American leadership, there are an awful lot of people who travel in faith.

"We have slowly taken God out of our nation. Sept. 11 has been a wakeup for those of us who call ourselves Christians."

– Lt. Gen. Tex Brown,
Air Force director of personnel

It's a remarkable thing, and I think it probably sets us apart from most developed countries, where it is not something that is appreciated quite as much."

At the weekly Pentagon group meeting on the anniversary of Sept. 11, Lt. Col. Kenny Cox told a gripping story of how he dashed back into the Pentagon again and again to help rescue comrades who had been trapped. "I prayed, 'Help me help somebody,'" he said. "I was compelled to go back."

On Capitol Hill, Ogilvie leads the Senate Prayer Breakfast at 8 a.m. Wednesdays and a Senate Bible study Thursdays. The prayer breakfasts are confidential, and no mention is made of how many attend. Senators from both parties are present. Generally, after breakfast, a senator will share his or her pilgrimage, followed by a short discussion. Ogilvie said that often one will remark to the speaker, "I never knew that about you; now I understand you better." The real change in lives, Ogilvie said, takes place in the Thursday Bible studies. He has seen conversions and other dramatic changes.

On the House side of the Capitol, between 50 and 60 U.S. representatives attend the Thursday afternoon Bible study from time to time with an average attendance of about a dozen.

Approximately 70 journalists, most of whom work for secular publications, attend a monthly luncheon that has evolved from sharing and fellowship to a recent focus on professional and ethical questions.

Businessman Steve Skancke, a

former assistant secretary of the Army in the Reagan administration, leads a group of colleagues at 7:30 a.m. Thursdays for an hour. They spend the first 15 minutes on issues of the day, what is going on in their lives, and then 35 to 40 minutes in Bible study.

"We have slowly taken God out of our nation," says Lt. Gen. Tex Brown, the Air Force's director of personnel. "Sept. 11 has been a wakeup for those of us who call ourselves Christians."

Retired Army Col. George Selden, executive director of Christian Embassy in Washington, helps host numerous groups.

"I've been exposed to what God is doing internationally," he said. "I think God has decided that now is the time. Internationals are saying that America must repent because God intends to use this country to evangelize the world."

Others see the purpose of the groups as deeply personal.

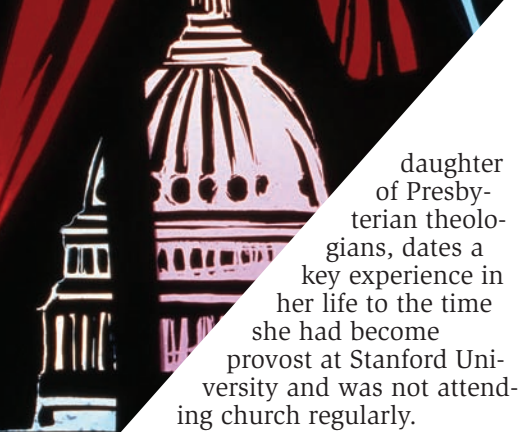
Brown – whose Army counterpart, Lt. Gen. Tim Maude, was the highest-ranking military casualty in the Sept. 11 attacks – said the year following the hijackings was the toughest he had ever seen. He is one of a dozen flag officers who attends a group meeting each week.

Lt. Col. William Boles said many of his colleagues have found the Pentagon so intimidating and stressful that they were forced to examine their values and priorities – and they found their way to the large E-ring room where the weekly meetings take place.

"Washington is different," Skanke said. "Folks here are more vulnerable to the exigencies and pressures of life."

Brownback, who was a conservative Protestant known in the Senate for his opposition to abortion and cloning, converted to Catholicism under Father McCloskey's tutelage. Other than a single-sentence statement, he has not elaborated on the conversion. Journalists Robert Novak and Lawrence Kudlow also have converted through McCloskey, who is director of Washington's Catholic Information Center.

Rice, daughter and grand-



daughter of Presbyterian theologians, dates a key experience in her life to the time she had become provost at Stanford University and was not attending church regularly.

"One Sunday I was in a supermarket not far from my house, among the spices, and an African-American man walked up to me and said he was buying some things for his church picnic. He said, "Do you play the piano by chance?"

An aspiring concert pianist as a young person, Rice said she did, and the next thing she knew she was playing at a small Baptist church in the middle of Palo Alto. She soon began attending Bible studies and developing an active prayer life.

Not all the stories concern Christians. Sen. Joseph Lieberman, D-Conn., is a modern orthodox Jew whose faith was often publicized during the 2000 presidential campaign as he kept the Sabbath, between Friday night and Saturday night, not driving, not talking on the phone, not operating any machinery. He told *The Washington Post*, "My faith is part of me. It's been at the center of who I've been all my life."

The prayer-breakfast movement began in Washington during the Eisenhower administration under the guidance of a ruddy Montanan – Abraham Vereide – and Sen. Frank Carlson, R-Kan. It led to the start of prayer breakfasts in both the Senate and the House. It also launched the Presidential Prayer Breakfast, now known as the National Prayer Breakfast, in early February – one of the biggest events of the year in Washington, one which requires the city's largest ballroom. No president ever skips it.

The Christian Embassy, an offshoot of Campus Crusade of Christ, has 30 full-time staff members in Washington who help nurture between 30 and 40 small groups around Washington. Christian Embassy has four main areas

of ministry: on Capitol Hill, where in addition to the House members' Bible study a dozen other study groups meet; among ambassadors and foreign diplomats; among presidential appointees, including three or four in the White House; and among the military, both uniformed and civilian, including about 14 discipling groups, the weekly group to whom Cox spoke, flag officers and senior civilian defense executives.

Many of the stories are highly individual and heroic in nature. Rep. Tony Hall, D-Ohio, who recently retired from Congress, returned from a congressional mission to Ethiopia where he saw children starving to death. A deeply committed Christian, he went on a 23-day fast influencing Congress to establish a Hunger Caucus and the Agriculture Department and World Bank to call hunger conferences. Sen. Bill Frist, R-Tenn., a Presbyterian physician, uses congressional breaks to go overseas to perform surgery for the poor. Sen. James Inhofe, R-Okla., has traveled overseas to help plant the seeds for prayer breakfasts.

Cox has one of the most dramatic stories.

When Cox, a burly ex-football player who refers to himself as "a country boy from Couthatta, La.," spoke to the Pentagon group, more than 100 people – uniformed and civilian – filled the room.

When the airliner struck the Pentagon, Cox – who is assigned to the Office of the Army Chief of Staff – saw people in fear not knowing what to do. He pointed them in the direction of an exit. After he prayed, he found himself going in the opposite direction – back into the building.

Cox groped in the thick smoke and fumes, calling out for any survivors. Eventually there was silence. He persisted.

His citation for heroism from the Defense Department read in part: "Smoke was pouring through the jagged window openings, and he was confronted with coughing survivors leaning out of the ruptured building and calls for help

... Climbing over a barrier fence, against the flow of escaping personnel, he positioned himself beneath the windows and encouraged the occupants of the lower rooms to jump down on him"

The citation told of Cox sizing up the situation that several individuals were still trapped in rooms over his head. He commanded a ladder and hoisted it up on his shoulders.

"Though the ladder was still too short to reach a point below the window, the trapped individuals were able to let themselves down and drop the last few inches to the ladder and then scrambled to safety ... The repetitive stress placed upon his joints reinjured his right knee, only recently operated upon, causing intense pain, yet he was unwilling to stop ..."

The citation estimated that Cox saved seven to 10 people.

When Cox told the story at the Pentagon on the anniversary of the attack, he added some powerful details.

Immediately after the crash, Cox said, he went to a gate only to find it locked. Suddenly a man in a blue suit with a single key appeared and opened the gate, saying only, "Here, son." Cox entered. He and two other men put their arms together to form a net for people who were leaping. Then, to get to an upper floor, Cox and his buddies found the ladder that proved too short. Cox told them to hoist the ladder on his shoulders while he leaned over.

Then, Cox said, he went to the third floor, and two men dressed in white appeared and helped him drag people to safety. "The two men in white never said a word and they never appeared again."

"I leave it to you who the man in the blue suit and the two men in white were," Cox said.

He believes they were angels. □

Wesley G. Pippert, author of "The Spiritual Journey of Jimmy Carter," covered the White House for United Press International. He teaches journalism at the University of Missouri.

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The World According to **Joe Foss**

Weeks before his death on January 1 from an aneurysm, American hero Joe Foss shot from the hip in an interview with The American Legion Magazine.



BY DAN ALLSUP

HomeofHeroes.com

There are two kinds of men: those who talk and dream of doing great things and those who actually do great things that make a difference. Joseph Jacob Foss is of the second, and rare, variety. Simply put, Joe Foss is one of the most colorful and interesting men of our time and one of the greatest fighter pilots of any era.

Where do we begin with the Joe Foss story? Top Marine fighter ace of all time with 26 air victories over Guadalcanal in six weeks. Cover of Life magazine. Presented the Medal of Honor in 1943 by President Franklin D. Roosevelt. An Air Force colonel in the Korean War. Former chief of staff of the South Dakota Air National Guard. Retired brigadier general. Two-time governor of South Dakota. First commissioner of the American Football League. Former president of the National Rifle Association. Host of television's "The American Sportsman" and "The Outdoorsman." Longtime member of the American Legion and vice chairman of the Legion's aeronautics committee for 22 years.

In a recent interview with The American Legion Magazine, Foss, 87, was alternately blunt, brash, irreverent, outspoken and decidedly politically incorrect. He was just being himself and following the advice he gives to young people in his 1992 book "A Proud American: The Autobiography of Joe Foss." (Pocket Books): "I tell (young people) that my father taught me to shoot straight and to shoot honest, and that's what I've always tried to do."

The American Legion Magazine: Where were you when the terrorists struck on Sept. 11, 2001?

Joe Foss: I was hunting elk in Colorado, and I saw it on television. My first thoughts were that war had been declared on us. Anytime somebody hits the Pentagon, it's an automatic declaration of war as far as this cowboy's concerned. They struck at our heart and there's only one way to answer – knock them off.

TALM: What do you think about the people who say the United States deserved what happened on Sept. 11?

JF: They're all idiots.

TALM: Idiots?

JF: Anybody who would come up with a statement like that shouldn't be living in this country. It's time to stop mamby-pambying around with PC (political correctness) and

the rest of that baloney. They should get out and go wherever they want. We don't have any fences keeping them in. We have a heck of a time keeping them out of here. Our country was founded by good Christian men and women who gave their lives, for crying out loud, to get this nation started. Now these characters want to take us over. What have they ever produced? What good do they do?

Take this outfit that's having this meeting about how bad the world is (the September 2002 Earth Summit in South Africa). They say we polluted it. Well, they pollute it just by breeding kids like rabbits. Why don't they just shape up at home? There's something spelled W-O-R-K. Instead, they got their hands out. They come over here, and some of them want us to dole out cash to

them at the same time they're saying how bad America is. This country is the greatest country on the face of the earth, and if you don't believe that, you ought to get out of here!

TALM: What do we do with Saddam Hussein?

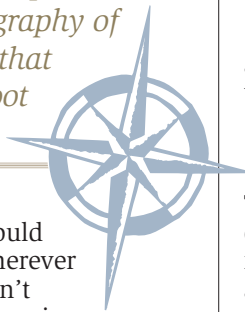
JF: Knock him off. Next question.

TALM: In February 2002, you were stopped by security guards at the Phoenix airport. Where were you going and what happened?

JF: Well, that just shows how idiotic that whole (security) setup is. I was headed for an NRA meeting and then on to West Point to talk to the sophomore class about the Medal of Honor. I go all over giving talks these days; that's how I make a living, to tell you the truth. Well, the medal set off a buzzer and that caused all the problems. I told them what it was and they wanted to take it from me. I guess he thought I could use it as a weapon. I said, "In a pig's eye!" Right on the back of the medal, it's engraved – "Medal of Honor." They passed it around, but nobody could read, so that was a big problem.

It was like I had been shot down over a foreign land somewhere. I got the same treatment here. They thought I was a terrorist, for crying out loud. They even made me take off my boots and my belt. I always wear a (bolo) tie, and they took that from me, too, because it had points on it. There were two National Guard kids standing there, and that irritated me, too. I had been a Guardsman myself back in 1937, and that's not what the Guard is supposed to be doing, hanging around airports with guns. So I showed these two kids the medal and asked them if they knew what it was. Then I told them they'd never get one of those hanging around here.

I finally got to the gate, and I'm ready to get on the airplane, and then they pick me out of the line again and put me behind this curtain where this old gal – the nastiest thing I've seen in a long time – said, "Get off your boots." So I went through the whole rigmarole again. They searched me three dif-



ferent times. What a joke! I'm not even sure these people were Americans. They were just hanging around the airport, I guess.

You know, I'm qualified with all kinds of guns, and I have a license. Maybe I should just have a card that says "Qualified Real American" with my picture on it. Then maybe I wouldn't have to go through all this nonsense and undress every time I go to the airport.

TALM: You're a frequent flyer these days. Should commercial pilots be armed?

JF: I think everybody on the plane ought to be armed. Well, you can't really issue weapons to passengers unless they all learned how to handle them, but if a guy has a license, he should be able to carry the weapon on board. Use that new ammunition they have, so you don't knock any holes in the airplane.

TALM: What is the purpose of the Second Amendment?

JF: The right to keep and bear arms is one of the freedoms our founding fathers fought for. They wrote the Second Amendment so we can protect ourselves if the wrong people come after us, and sometimes the wrong people can be the government. That's just one of our freedoms. And it's the First Amendment people trying to take the Second Amendment away from us. We even let them burn the flag to express themselves. How crazy can we get? We're locking up the jury and sending the criminals back home. We're all nuts.

TALM: You once said that the entire nation should be armed. Do you still believe that?

JF: Absolutely. Every honest man and woman, if they so wish, should be able to carry a sidearm or have a rifle if they want to hunt or shoot clay birds or whatever they want to do. In my case, I was a crack shot when I went off to war, and it paid off. Anyone who

A man of many facets

Born: April 17, 1915, in Sioux Falls, S.D.

Education: Bachelor's degree in business administration, University of South Dakota, 1940

Military service: U.S. Marine Corps major, World War II, with 26 enemy planes shot down over Guadalcanal in six weeks. In May 1943, President Roosevelt presented him with the Medal of Honor. He also was awarded the Distinguished Flying Cross, the Bronze Star, the Silver Star and the Purple Heart. Following the war, Foss organized the South Dakota Air National Guard. He returned to active duty as an Air Force colonel during the Korean War. He also served as chief of staff of the South Dakota Air National Guard, retiring with the rank of brigadier general.

Political record: South Dakota House of Representatives, 1948-1953; South Dakota governor, 1954-1958

Accomplishments: American Football League commissioner, 1960-1966; president, National Society for Crippled Children and Adults, 1969-1971; director of public affairs, KLM Royal Dutch Airlines, 1972-1978; president, National Rifle Association, 1988-1990; director, Air Force Academy; chairman, Air Force Association

Awards and achievements: "Outstanding American Award," Los Angeles Philanthropic Foundation, 1980; host of ABC's "The American Sportsman"; star of "The Outdoorsman": Joe Foss

Activities: The American Legion, National Rifle Association, Campus Crusade for Christ International, American Patriot Fund, March of Dimes, Friends of NRA

doesn't have that belief, they're welcome to it – that's their right. But if they're trying to wipe us out for our beliefs, that's a different angle. Those people just don't have the right thoughts in their heads.

TALM: Someone once called you "the most dangerous man in America" because of your relationship with the NRA.

JF: Yeah, that was some lop-headed congressman. You can just imagine how he legislates for this country. He's on the wrong track to start with; he's never been shot at or got in the line for military service. I never bothered to look him up (to talk to him) because I figured he qualified as an insane nut.

TALM: Did you really have a fight with "Baa Baa Black Sheep" ace (Lt. Col. Gregory) "Pappy" Boyington?

JF: Yeah, that was back in 1949. It was a real nice affair put on by The American Legion at the Hilton Hotel in Washington, D.C. The commander of the Legion was there with about half the U.S. Senate and a bunch of rich VIPs. Pappy just got drunk and silly and tried to throw me down. You really shouldn't do

that, you know. I guess we broke a few tables and chairs, but I took care of him. He went to sleep, and the next morning he said, "I guess we had a little fun last night." Pappy was a friend of mine.

TALM: Why did you get into politics?

JF: Politics is the house-keeping of good government. I advise folks in the military service to get into politics because somebody who is ready to lay their life down for their country qualifies more than those you see there now. They're always greasing up something to pass for their local communities instead of looking out for the whole country.

TALM: You were a two-term governor of South Dakota. Did you do a good job?

JF: I'd rate myself A-No. 1.

TALM: Why did you get into television?

JF: To make a living. You know, when used correctly, television is one of the greatest inventions ever. But when you use it in the wrong direction, it's one of the worst things we ever had fall on our heads.

TALM: You've led one heck of an interesting life, general.

JF: Oh yeah, I could start a fire in the middle of a plowed field.

TALM: What is your greatest achievement?

JF: Receiving Jesus Christ as my Lord and savior. I've been a born-again Christian since the 1960s. I pray to the Lord every day; the first thing I do when I wake up is thank the Lord I'm still here. Then I know it's going to be a great day. I'm not afraid to represent the Lord every place I go. □

Dan Allsup is a St. Louis-area freelance writer.

Article design: Holly K. Soria

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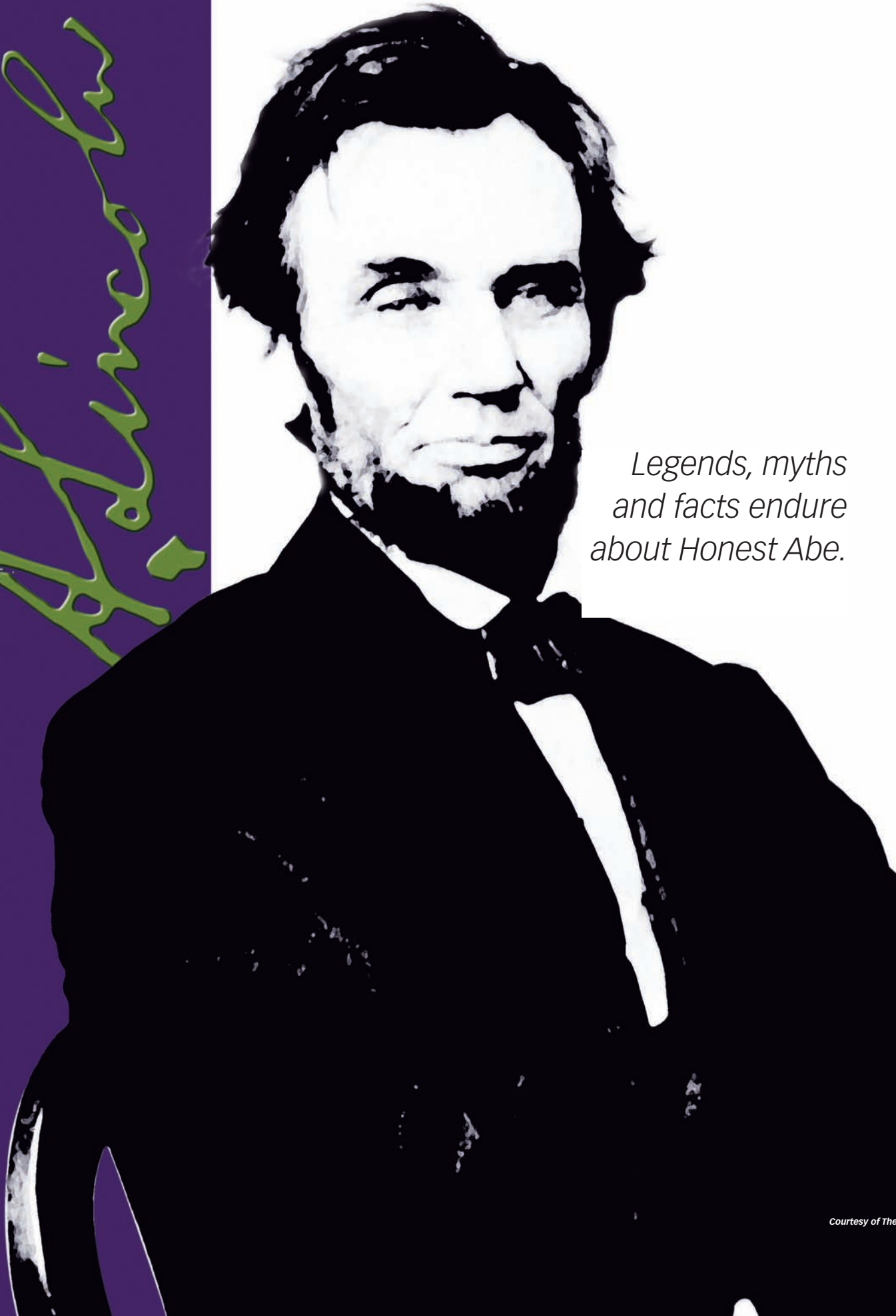
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A. Lincoln



*Legends, myths
and facts endure
about Honest Abe.*

The Real Abraham Lincoln

BY DINESH D'SOUZA

Most Americans – including many historians – regard Abraham Lincoln as the nation's greatest president. But in recent years, powerful movements have gathered, both on the political right and left, to condemn Lincoln as a flawed and even wicked man.

The debunking of Lincoln usually begins with an exposé of the “Lincoln myth.” How odd it is, William Lee Miller writes in his recent book “Lincoln's Virtues,” that an “unschooled” politician “from the raw frontier villages of Illinois and Indiana” could become such a great president. “He was the myth made real,” Miller adds, “rising from an actual Kentucky cabin made of actual Kentucky logs all the way to the actual White House.”

Lincoln's critics have done us all a service by showing that the actual author of the myth is none other than Abraham

Lincoln himself. It is Lincoln who carefully crafted the public image of himself as Log Cabin

Lincoln, Honest Abe and the rest of it. Asked to describe his early life, Lincoln answered with reference to Thomas

Gray's poem “Elegy Written in a Country Churchyard,” citing “the short and simple annals of the poor.” Lincoln disclaimed great aspirations for himself, noting that if people did not vote for him, he would return to obscurity, being used to disappointments.

These pieties are inconsistent with what Lincoln's law partner, William Herndon, said about him: “His ambition was a little engine that knew no rest.” In the ancient world, ambition was often viewed as a great vice. In Shakespeare's “Julius Caesar,” Brutus gives as his reason for joining the conspiracy against Caesar his fear that Caesar had grown too ambitious. But as Madison notes in “The Federalist,” the American system was consciously designed to attract ambitious men. Such ambition was presumed natural to a politician and favorable to democracy as long as it sought personal distinction by promoting the public good through constitutional means.

What unites the right-wing and left-wing attacks on Lincoln is that they deny that Lincoln respected the law and that he was concerned with the welfare of all. The right-wing school – made up largely of Southerners and some libertarians – holds that Lincoln was a self-serving tyrant who rode roughshod over civil liberties, greatly expanded the size of the federal government and ultimately destroyed half the country to serve his Caesarian

ambitions. In an influential essay, the late Mel Bradford excoriated Lincoln as a moral fanatic who, determined to enforce his Manichean vision of good and evil on the country as a whole, ended up corrupting American politics, leaving a “lasting and terrible impact on the nation's destiny.”

Bradford viewed Lincoln as a kind of manic abolitionist, but many in the neo-Confederate camp deny that slavery was central to the Civil War. Rather, they insist, the war was driven primarily by economic motives. Essentially, the industrial North wanted to destroy the economic base of the South. Charles Adams, in the recent book “When in the Course of Human Events: Arguing the Case for Southern Secession,” contends that the causes leading up to the Civil War had virtually nothing to do with slavery.

This neo-Confederate attempt to rewrite history has been going on for more than a century. Alexander Stephens, the former vice president of the Confederacy, published a two-volume history of the Civil War between 1868 and 1870 in which he hardly mentioned slavery, insisting that the war was an attempt to preserve constitutional government from the tyranny of the majority. But this is not what Stephens said in the great debates leading up to the war. In his Cornerstone speech, delivered in March 1861 as the South was in

the process of seceding, Stephens said that the American Revolution had been based on a premise that was “fundamentally wrong.” What was that premise? “The assumption of the equality of the races.”

Stephens insisted that, by contrast, “Our new government is founded upon exactly the opposite idea. Its foundations are laid, its cornerstone rests upon the great truth that the Negro is not equal to the white man. Slavery – subordination to the superior race – is his natural and normal condition. This, our new government, is the first in the history of the world based upon this great and moral truth.”

This speech is conspicuously absent from neo-Confederate revisionist history. And so are the countless affirmations of black inferiority and the “positive good” of slavery – from Sen. John C. Calhoun’s attacks on the Declaration of Independence to Sen. James H. Hammond’s insistence that “the rock of Gibraltar does not stand so firm on its basis as our slave system.” It is true, of course, that many whites who fought for the Confederacy did not own slaves. But, as Calhoun himself pointed out in one of his speeches, they too derived an important benefit from slavery: “With us, the two great divisions of society are not the rich and the poor, but white and black; and all the former, the poor as well as the rich, belong to the upper class, and are respected and treated as equals.”

But what about Lincoln? Contrary to Bradford’s accusations, Lincoln approached the issue of slavery with prudence and moderation. This is not to say that he waffled on its morality. “You think slavery is right and ought to be extended,” Lincoln wrote Alexander Stephens on the eve of the war, “while we think it is wrong and ought to be restricted.” It was not his intention to get rid of slavery from the southern states. He conceded that America’s founders had agreed to tolerate slavery in the South, and he confessed that he

If the neo-Confederates disdain Lincoln for being too aggressively anti-slavery, the left-wingers scorn him for not being anti-slavery enough. Both groups, however, agree that Lincoln was a self-promoting hypocrite who said one thing while doing another.

had no wish, and no power, to interfere with it there. The only issue – one on which Lincoln would not bend – was whether the federal government could restrict slavery in the new territories. This was the issue of the presidential campaign of 1860. This was the issue that determined secession and war.

But didn’t the South have a right to secede? Lincoln’s argument is that the southern states entered the union as the result of a permanent compact with the northern states. The union was based on the principle of majority rule, with constitutional rights carefully delineated for the minority. Lincoln insisted that since he had been legitimately elected, and since the power to regulate slavery in the territories was nowhere proscribed in the Constitution, southern secession amounted to nothing more than the right of any group to leave the country when it did not like the results of an election. No constitutional democracy could function under such an absurd rule. Of course, the Southerners objected that they should not be forced to live under a “tyrannical” regime, but Lincoln countered that dissolving the original compact could only occur with the consent of all parties involved. Once again, it makes no sense to have agreements when any group can unilaterally withdraw.

The balance of the libertarian and neo-Confederate case against Lincoln is equally without merit. Yes, Lincoln suspended habeas corpus and arrested southern sympa-

thizers, but let us remember that the nation was in a desperate war in which its very survival was at stake. Of course, the federal government expanded during the Civil War, as it expanded during the Revolutionary War, and during World War II.

Now let us consider the left-wing attack on Lincoln. These critics, many of them liberal scholars and black activists, are harshly critical of Lincoln, charging that he was a racist who didn’t really care about ending slavery. The indictment against Lin-

coln is as follows: he didn’t oppose slavery outright, only the extension of it; he said in his letter to Horace Greeley that if he could save the union without freeing a single slave he would do it; he opposed laws permitting intermarriage and even social and political equality between the races. If the neo-Confederates disdain Lincoln for being too aggressively anti-slavery, the left-wingers scorn him for not being anti-slavery enough. Both groups, however, agree that Lincoln was a self-promoting hypocrite.

Some of Lincoln’s defenders have sought to vindicate him from these attacks by contending that he was a “man of his time.” This will not do, because there were several persons of that time, notably the Grimke sisters and Charles Sumner of Massachusetts, who forthrightly and unambiguously attacked slavery and called for immediate and complete abolition. In one of his speeches, Sumner said that while there are many issues on which political men can and should compromise, slavery is not such an issue. “This will not admit of compromise. To be wrong on this is to be wholly wrong. It is our duty to defend freedom, unreservedly, and careless of the consequences.”

Statesman vs. Moralist. Here we have that recognizable thing, the voice of Lincoln’s contemporary liberal critics who are the philosophical descendants of Sumner. One cannot understand Lincoln

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without understanding why he agreed with Sumner's goals while consistently opposing the abolitionist strategy. The abolitionists, Lincoln saw, were not primarily concerned with restricting or ending slavery. They were most concerned with self-righteous moral display. They wanted to be in the right and – as Sumner himself says – damn the consequences! In Lincoln's view, abolition was a noble sentiment, but abolitionist tactics – such as burning the Constitution and advocating violence – actually promoted the cause of slavery.

Lincoln's strategy for defeating slavery was superior to that of Sumner and his modern-day followers. Lincoln knew that the statesman, unlike the moralist, cannot be content with making the case against slavery. He must find a way to implement his principles to the degree that circumstances permit. The key to understanding Lincoln is that he always found the meeting point between what was right in theory and what could be achieved in practice. He always sought the common denominator between what was good to do, and what the people would go along with. In a democratic society, this is the only legitimate way of advancing a moral agenda.

Consider the consummate skill with which Lincoln deflected the prejudices of his supporters without yielding to them. During the debates with Stephen Douglas in the race for the Illinois Senate, Douglas repeatedly accused Lincoln of believing that blacks and whites were intellectually equal, of endorsing full political rights for blacks and of supporting "amalgamation," or intermarriage, between the races. If these charges could be sustained, Lincoln's career was over. Even in the free state of Illinois – as throughout the North – there was widespread opposition to full equality for blacks.

Lincoln handled this difficult situation with a series of artfully conditional responses. "Certainly

Lincoln knew that the statesman, unlike the moralist, cannot be content with making the case against slavery. He must find a way to implement his principles to the degree that circumstances permit. The key to understanding Lincoln is that he always found the meeting point between what was right in theory and what could be achieved in practice.

the Negro is not our equal in color – perhaps not in many other respects; still, in the right to put into his mouth the bread that his own hands have earned, he is the equal of every other man. In pointing out that more has been given to you, you cannot be justified in taking away the little which has been given to him. If God gave him but little, that little let him enjoy." Notice how little Lincoln concedes to prevailing prejudice. Lincoln never acknowledges black inferiority; he merely concedes the possibility. The thrust of his argument is that even if blacks are inferior, this is not warrant for taking away their rights.

Or again, facing the charge of racial amalgamation, Lincoln says, "I protest against that counterfeit logic which concludes that because I do not want a black woman for a slave, I must necessarily want her for a wife." Lincoln is not saying he wants, or does not want, a black woman for his wife. He is neither supporting nor opposing racial intermarriage. He is simply saying that from his anti-slavery position it does not follow that he endorses racial amalgamation. Elsewhere, Lincoln turned anti-black prejudices against Douglas by saying that slavery was the institution that

produced the greatest racial intermixing and the largest number of mulattoes.

Lincoln was exercising the same prudent statesmanship when he wrote his famous letter to Horace Greeley asserting that his main objective was to save the union and not to free the slaves. Lincoln wrote this letter on Aug. 22, 1862, a year and a half after the Civil War broke out, when the South was gaining momentum and the outcome was far from certain. From the time of secession, Lincoln was desperately eager to prevent border states like Maryland, Delaware, Kentucky and Missouri from seceding. These states had slavery, and Lincoln knew that if the issue of the war was cast as an issue over slavery, his chances of keep-

ing the border states in the Union were slim. And if all the border states seceded, Lincoln was rightly convinced that the cause of the Union was lost.

Moreover, Lincoln was acutely aware that many people in the North were vehemently anti-black. Lincoln framed the case against the Confederacy in terms of saving the Union in order to maintain his coalition – a coalition whose victory was essential to the cause of anti-slavery. And ultimately it was because of Lincoln that slavery came to an end.

Lincoln was a true philosophical statesman, one who was truly good and truly wise. Standing in front of his critics, Lincoln is a colossus, and all of the Lilliputian arrows hurled at him bounce harmlessly to the ground. It is hard to put any other president – even Washington – in the same category as Lincoln. He is simply the greatest practitioner of democratic statesmanship that America and the world have yet produced. □

Dinesh D'Souza, a scholar at the Hoover Institution, is author of "Letters to a Young Conservative" (Basic Books).

Article design: Holly K. Soria



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DSTRETCHING DOLLARS

Uncertain markets should not crimp certain retirement.

BY JONATHAN D. POND

A wonderful expression migrated to our shores along with the flood of Eastern European immigrants: “The poor person earns a dollar and spends \$1.01 while the rich person earns a dollar and spends 99 cents.” That two-cent difference may not be the difference between wealth and just getting by, but the sentiment is right on target.

Achieving financial security is a challenge for most of us. It’s expensive enough just making ends meet, particularly if you’ve got a family. But truth be told, if you’re going to achieve financial security – which for most of us means having enough money to be able to retire comfortably – there’s only one sure way to do it: spend less

money than you earn. Spending less than you earn doesn’t end at retirement, either. Most retirees need to continue saving a bit of their income until they’re near age 80 in order to have enough money to keep up with ever-increasing living expenses in late life.

Living beneath your means is easier said than done, but do you have a choice? I worry when I hear people say, “It’s impossible for me to save any money.” That’s a cop-out. Sure, it’s difficult to spend less than you earn – or, I should say, it’s a lot easier to spend more than you earn. But remember plenty of people in this country have the same income you have, have the same rent or mortgage payment and have the same number of mouths to feed. Yet they manage to save enough

money to put them on the road to financial security.

While most people think the only way they can balance the family budget is to put their spending on a diet, another way is to fatten up your income.

While the economy has slowed, many part-time work opportunities exist for those who want to earn extra money. As companies continue to reduce employment levels, many employers seek part-time workers to pick up the slack. If you’re approaching retirement, the idea of retiring *gradually* may have a lot of appeal for financial and lifestyle reasons alike. Gradual retirement typically involves working part-time – or full-time in a less stressful job – allowing your retirement nest egg to grow and reducing the number of years

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you'll need that money to support you in retirement.

Americans love to spend money, and that's not such a bad thing. After all, you work hard for your money, and you deserve some creature comforts. But the temptation to overspend can be overwhelming because you and your money are in a constant battle against America's brightest marketing minds. Your enemy is well-financed and uses effective tactics to assault your wallet. You have to put up a strong defense day in and day out, because Madison Avenue never retreats. To achieve the financial security that you deserve, you must win this daily battle. Start by looking at how you spend your money right now. You can probably classify each of your expenses in one of three categories:

■ **Essential expenses.** Expenses you can neither avoid nor reduce without making a major lifestyle change, such as rent or mortgage payments.

■ **Necessary expenses that you may be able to reduce somewhat.** While you have to pay for many necessities like transportation, food, clothing and insurance, you may be able to reduce the cost through smart shopping.

■ **Optional expenses that could be significantly reduced.** The expenses in this category are fairly easy to reduce or eliminate. They also are easy to let get out of hand. They include entertainment, vacations and gifts.

Ways to Save. You can reduce your living expenses in several ways. Some can result in a lot of savings, others in a little savings. But by just adopting a few painless – or relatively painless – money-saving strategies a sizeable nest egg can accumulate over the years ensuring a more secure financial future. No one ever regrets saving too much money, but many regret not saving enough.

■ **Hold onto your car longer.** There's no reason why you can't keep a car for seven to 10 years, or even longer. People who trade their cars in every three, four or

five years are simply throwing money away. Sure, a late-model car feels good, but is it worth thousands of extra dollars a year?

■ **Find ways to save on insurance.** Insurance is often one of the top five most expensive items in the family budget. Everyone needs insurance, and you want to be sure you have no gaps in your coverage. But most people pay more for their insurance coverage than they need to. You or your insurance agent should eliminate unnecessary coverage and comparison shop for less-expensive policies.

■ **Go easy on lotteries.** If you're spending a couple bucks a week on the lottery, that's cheap fun. But many people waste hundreds and even thousands of dollars a year on lotteries. The odds are overwhelmingly stacked against you.

■ **Reduce your cable-television services.** Have you noticed how much your cable TV bills have increased over the past few years? Television can be a welcome diversion, but do you really need to pay for 500 channels? Is the satellite dish essential?

■ **Dine out less.** Americans are restaurant addicts. Dining out one less time a week could save more than \$1,000 a year. When eating out, avoid restaurants that charge top dollar.

■ **Buy generic.** You may think that generic groceries, medicines and other consumer items are inherently inferior. Have you tried them? You can always go back to spending more on name-brand products if the generics don't suit you, but chances are they will.

■ **Plan ahead for vacations.** The earlier you make your travel plans, the more money you're likely to save. But while a bundle can be

saved by making advance travel reservations on the Internet, if you have the flexibility to wait until the last minute to make vacation plans, you can reap last-minute bargains from travel companies.

■ **Clip and use coupons.** You'll be amazed how those nickels and dimes add up. But don't buy something you don't need just because you have a coupon.

■ **Brown-bag it to work.** Stopping for coffee and a pastry and buying lunch at a deli or fast-food joint can easily add up to \$1,000 to \$2,000 a year. Bringing your breakfast and lunch to work would allow you to hold onto most of that money.

■ **Pay off high-interest loans.** Making only small monthly payments on your credit card and other high interest loans can sap your financial future like nothing else. It can take

decades to pay off a credit-card loan if you pay only the required minimum. The sooner you pay off loans, the sooner you'll be able to put your money to better use for your future and for your loved ones. □

Jonathan Pond is the author of "Making the Most of Your Money" (Putnam) and "1001 Ways to Cut Your Expenses" (Dell). He has hosted several financial specials on public television and can be found at www.jonathanpond.com.

This article discusses issues concerning various financial options and is not, nor is it intended to be, investment advice. See your broker or investment adviser for investment advice.

Article design: Doug Rollison

Small cuts can produce big savings

By just trimming \$50 of fat off your weekly budget, you can add a healthy sum to your retirement nest egg. Before making that unnecessary cell-phone call or paying \$30 to take the family to a movie that will be on video soon anyway, consider what \$50 a week in savings amounts to over the years at an annual return of 7 percent:

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A Slice of AMERICANA



If you're tempted to look down your nose, remember SPAM remains a hot-selling American treat and a pop-culture icon.

BY HARVEY MEYER

World War II veteran Ralph Bradley fondly recalls a mess-hall story involving members of his 100th Bomb Group, which landed in Russia immediately after bombing Nazi targets during a famous “shuttle raid.” The cheerful young Russian women serving the airmen had picked up some off-color English after encountering an earlier group of American GIs.

“Would you like some #*!\$#! SPAM?” chirped the women, clueless about what they were saying and why the soldiers broke into laughter.

If you were in the military, especially during World War II and the Korean War, chances are you often scarfed down the jiggly, pink luncheon meat – more often than some care to recall. While many cheered SPAM’s tastiness, its omnipresence sparked a love-or-hate pact with the yellow-and-blue canned product, one of the nation’s first convenience foods. Its quivering, slimy appearance reportedly provoked alternative wartime uses, including as a gun lubricant and hair conditioner.

“I’ve always admired the innovativeness of the mess sergeants because they knew how to dis-

guise SPAM in many, many ways,” chuckled Bradley, 78, a 31-mission bombardier who nonetheless occasionally still consumes SPAM at home in Omaha.

Even Dwight Eisenhower chimed in on SPAM’s World War II ubiquity in a letter to an executive at Hormel Foods Corp., the Austin, Minn., producer of SPAM. “I believe I can still officially forgive you your only sin: sending so much of it.”

Its familiarity was such that Uncle Sam became Uncle SPAM, and food-supply depots became SPAM canyons.

All kidding aside, SPAM was critical to the war effort, providing much-needed nutrition to U.S. troops domestically and overseas and to English and Russian soldiers and citizens.

Not only did Hormel send SPAM and other products but also many of its own employees; 1,750 workers served their country, and 67 paid the ultimate sacrifice. Tom Brokaw, “NBC Nightly News” anchor and author of several World War II books – including the best-selling “The Greatest Generation” – was on hand last summer to dedicate a memorial in the new 16,500-square-foot SPAM Museum’s World War II section. Nearly 300 of the surviving Hormel veterans were honored guests.

Shortly after the war, SPAM extended its association to The American Legion. SPAM Post 570, an Austin post consisting of all-women veterans, was formed. The SPAM post, which continues operating independently from Post 91 in this southern Minnesota community of 22,000, became one of the first all-women drum-and-bugle corps to partake in a national Legion competition.

Propelled by enviable name recognition and inventive marketing – including sponsorship of a national radio program starring George Burns, Gracie Allen and the “Hormel Girls,” who entertained and promoted company products

nationally in a caravan of white Chevrolets – SPAM became a staple on many dinner tables. In recent years, NFL star Brett Favre pitched the luncheon meat, and the company sponsored a SPAM race car.

“I really like the taste and the fact you can do so many things with SPAM,” says Norraine Handke, 80, a WAVE during World War II and SPAM Post 570’s current commander. “My four boys were raised on lots of SPAM.”

SPAM is now a wildly popular slice of Americana, savored by many – including legions of veterans – for its flavor. Still, others mock it as an anachronistic food that is synonymous with unwanted “junk” e-mail.

How popular is SPAM? This past summer, the six *billionth* can was sold. The average is one sold every three seconds in the United States.

Hormel has effectively ridden the wave of popularity, touting SPAM as a contemporary food – “lite,” low-sodium and roasted-turkey are among the varieties available – while continuing to cultivate its image as a pop-culture icon.

Miracle or Mystery Meat? SPAM was the brainchild of Jay Hormel, son of the company founder. A World War I Army veteran, he held a product-naming contest in 1935, and the winner spliced the words “spice” and “ham.”

SPAM’s compact size, nutritional features and the fact it didn’t require refrigeration were well-suited for World War II troops, whether in foxholes or mess halls. Hormel lauded it as the “miracle meat.” Some soldiers dubbed it the “mystery meat.” Soldiers feared that unappetizing portions of pigs’ carcasses were squeezed into the tin cans. The truth is, SPAM consists of a harmless combination of pork shoulder, ham, salt, water, sugar and sodium nitrate.

Our then-ally Nikita Krushchev had no qualms about the luncheon meat, either for himself or for

David Pavese



SPAM was critical to the war effort, supplying nutrition to U.S. troops during World War II and the Korean War. *Courtesy Hormel Foods Corp. Inc.*

Russian soldiers. “Without SPAM,” Kruschew remarked, “we wouldn’t have been able to feed our army.”

With rising demand, Hormel ramped up production. At its peak, the company produced 15 million cans weekly, and SPAM soon dominated the luncheon meat market. Sales doubled to \$120 million between 1939 and 1942.

“Oh yeah, I enjoyed SPAM,” laughed John Biege, an Air Force crew member on B-17s, B-24s and B-29s from 1943 to 1945. “It must be good for me because I’m 85 and still eating it, and I’m in good health.” Biege, a member of Austin Post 91, also worked 38 years for Hormel.

As with many Americans, Hormel wasn’t bashful about displaying its patriotism. It introduced “Slammin’ Spammy,” a bomb-throwing pig and patriotic mascot that often ended up decorating World War II aircraft. Soldiers appreciated such gestures of unity, sometimes responding in kind. One veteran recently surprised SPAM Museum director Shawn Radford when he sent her a wood carving of a SPAM can he had meticulously fashioned in a Nazi POW camp.

“It’s amazing to discover how much SPAM touched individuals’ lives,” says Radford, who collects veterans’ stories. “Some veterans get tears in their eyes talking about it.”

Back in Austin, which embraces its reputation as SPAM-town, the meat’s wartime contribution is evi-

dent in the barbed-wire fence ringing the Hormel plant – signifying high-ranking security status. Many Hormel workers’ wives replaced their servicemen husbands at the plant – à la Rosie the Riveter – until they returned home from war.

Pop-Culture Icon. SPAM’s appeal carried over to the Korean War when it again left a lasting legacy: the luncheon meat is now considered a delicacy in South Korea.

The product also became exceptionally popular in Guam and other Pacific islands. Hawaii boasts the highest per-capita consumption of SPAM among the 50 states. In those venues, U.S. troops were initially treated to government-issued spiced-ham products – not Hormel’s SPAM – which they nonetheless called SPAM. After World War II, islanders embraced Hormel’s SPAM, in part because of its “shelf stability,” an important consideration when inclement weather prevented shipments of fresh meat.

SPAM wasn’t available as rations during the Vietnam War, the Persian Gulf War or the recent war in Afghanistan, but troops still purchased it in commissaries. U.S. soldiers maintain a hankering for it, judging by the approximately 2 million pounds purchased annually at commissaries.

While military consumption may have waned, SPAM’s popularity as a pop-culture phenomenon continues unabated. True,

much of the attention is unflattering – what company would want a signature product called a “small pink coffin,” as one recent Internet message dubbed it? But Hormel seems adroit at deflecting those and other humorous swipes from comedians like Jay Leno and David Letterman and building an unbeatable – and cost-free – name recognition. Clever marketing of its campy image is particularly evident at the end of the SPAM Museum tour, which features a video of a classic SPAM skit performed by the Monty Python Flying Circus comedy troupe.

Visitors to the \$8 million museum are treated to more of this SPAM humor in a short film, where a narrator mentions the 17,000-plus haikus (called SPAM-kus) posted on the Internet, thousands of poems and limericks, hundreds of recipes, assorted philosophies (“I think, therefore I SPAM”), photos of SPAM at Mount Everest and other world-famous venues, and a man who has worn a SPAM T-shirt every day for several years.

The company’s good nature also is apparent in its sponsorship of SPAM-mobiles, vehicles resembling SPAM cans that tour the country promoting Hormel products; with its creation of a towering 3,390-can “Wall of SPAM” in the museum front lobby; with its backing of the singing Spamettes and an official SPAM Fan Club numbering in the thousands; with its sponsorship of SPAM cookoffs at dozens of state and county fairs; and with the annual “SPAM Jam,” a two-day celebration that recently attracted 35,000 visitors.

That “if-you-can’t-beat-’em-join-’em” approach puts visitors to the museum store at ease. Many seem delighted and amused by the 250 SPAM-related items in the store, including baby clothes, snow globes, windsocks and cuddly stuffed pigs. More often than not, they end up purchasing the kitschy items – along with lots and lots of SPAM. □

Harvey Meyer is a freelance writer from St. Louis Park, Minn.

Article design: Doug Rollison

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'More than coffee and bingo'

In this era of VA health care, volunteers play a vital role.

BY JEFF STOFFER

New demand for VA health care is expected to surge past all previous expectations this year. The Department of Veterans Affairs predicts that by the end of fiscal year 2003, nearly 5 million unique patients will be using the system, an all-time high and a 31.5-percent increase over earlier estimates. In many communities, these veterans will pour into overflowing waiting rooms in short-staffed facilities. Their names will be squeezed onto ink-darkened appointment calendars. Some will be frustrated. But chances are, a volunteer – most likely a fellow veteran – will be on hand nearby to provide information, assistance and a measure of comfort.

Deborah Bell, a volunteer specialist at Florida's Bay Pines VA Medical Center, says those who offer their time are "doing much more than coffee and bingo" these days. "I can remember as a child the only thing I knew volunteers did was give picnics, serve coffee and play cards. If you even suggested answering the phone or typing or filing, it was, 'Sorry, but I am a volunteer.' That was the old mindset."

While volunteers cannot treat or feed patients, other areas of service are expanding, says Jim Delgado, national director of the 1946-born VA Volunteer Services program. Those areas include respite care, where volunteers relieve families caring for seriously ill veterans at home; help with the homeless; fund-raising; office work; transportation; and, of course, recruitment, training and leadership of new volunteers.

"The contribution of our volunteers is so significant," Delgado says. "Without that dedication and service, VA would be a different place."

About 100,000 people – including thousands of Legion family members – work for free more than 13 million hours a year in VAVS, making it the biggest volunteer program in the federal government.

Del "Bulldog" Turner, a U.S. Marine Corps retiree, is one among the 100,000 who regards his time at the Battle Creek, Mich., VA Medical Center as a duty and a pleasure. "I don't need anything other than that veteran's smile," he says. "That should be the sole reason, not an hours pin or recognition. You don't do it for yourself. You do it for your fellow veteran."

Turner focuses on recreational activities and enjoys taking long-term patients on outings like horse shows or baseball games. "I consider myself fortunate. I am a Vietnam veteran, a recipient of two Purple Hearts, and I came home and made the military my career. Some of the less fortunate veterans returned with serious disabilities and find themselves in long-term care facilities, maybe long distances from loved ones. I feel it's my patriotic duty as a veteran taking care of a veteran. For me, it's a calling."

Altogether, VAVS volunteer time would equal about 7,000 full-time

employees. An estimated \$40 million in gifts and donations also is raised through VAVS and more than 350 affiliated organizations. The money, Turner says, improves the quality of life for hospitalized veterans. It does the things "that VA cannot and does not do," Turner says – like buy television sets, stereos or tickets to events.

However, no price tag can be attached to the human comfort a volunteer can provide to his or her fellow veteran stuck in the waiting room of an overbooked facility. "It has been felt," Delgado says of the recent increase in demand. "I think the volunteer community has been very responsive to that, particularly in those areas where the need is greatest. We are counting on them to do that in the future."

"One of the greatest assets to our program is that we are 56 years old and have great experience and expertise," Delgado says.

The flip-side of the experience asset is the climbing age of volunteers. "We are rapidly losing our elderly volunteers who have been the mainstay for 20, 30, 40 years – our World War II population," Bell says. "There was an upsurge in interest right after (Sept. 11, 2001).

We are seeing working people where they might not have volunteered before. Patriotism is definitely up. But the average age has gone up six years in the past 10."

Bell and Turner say their local volunteers are averaging about 70 years in age, and climbing. "When I think about that," Turner says, "I wonder who is going to take care of those veterans when it's their turn? There is a great need for it." □

Jeff Stoffer is the managing editor for The American Legion Magazine.



Volunteer Eugene Roark, left, a former Marine, assists Army Air Corps veteran John Myers Sr. at Addelmar D. Guy III VA Ambulatory Care Center in Las Vegas. *James V. Carroll*

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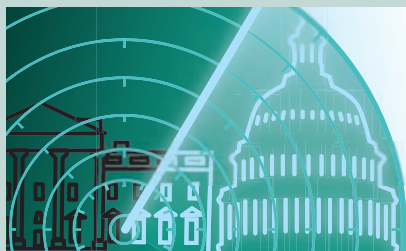
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Survey says ...

Who needs primaries, conventions and political parties? That's the question producers at Fox cable network FX are asking as they prepare to launch "The American Candidate," a new reality-based television show that promises to find a "people's candidate" for the 2004 presidential race.

Using their 2002 smash-hit "American Idol" as a model, Fox execs envision a national competition involving 100 would-be candidates, two from each state. As in "American Idol," the field of hopefuls will be tested each week and whittled down by viewers and a panel of experts. The series – and the campaign – will reportedly begin in January 2004, with a final episode set for July 4, just weeks before the two major parties conduct their conventions.

Fox producers say the show will give "everyday folks a forum to express their points of view." Of course, candidates have to meet the bare minimums



required of a president by the Constitution: applications will only be accepted from natural-born U.S. citizens who have reached the age of 35.

Before dismissing "The American Candidate," take a look at some sobering numbers. According to Fox, 13.4 million tuned

in to "American Idol" every week. Based on the 2000 election, that's about 13 percent of the raw popular vote. And as Al Gore, both George Bushes, Bill Clinton and Ross Perot know from experience, elections have been decided by far narrower percentages.

Ben Fritz, a contributor to *The American Prospect* magazine, is intrigued by Fox's idea. But he nonetheless concedes that "the producers don't seem to realize the power their show could have." Film critic Roger Ebert rightly worries that the program "could wreak havoc with our electoral system."

– A.W.D.

Super-warriors

Once the bane of Olympic committees and the NFL, performance-enhancing drugs are now raising concerns in the military, as *The Christian Science Monitor* discovered in a recent investigation.

Over-the-counter amphetamines are gaining popularity among a military that is stretched thin. Operating at high operational tempos across the globe, troops are being asked to work longer and fight smarter than ever before. As a consequence, some are using enhancers to maintain their battle-ready edge.

Some Pentagon planners see this as the beginning of a new era in warfare, where "super-soldiers" are able to perform their duties continuously for up to seven days, resist the effects of jetlag, and overcome high-altitude and underwater exposure. According to the *Monitor's* study, planners even envision the use of tiny implants, which could release chemicals to regulate how troops react in taxing conditions.

But before chemically re-engineering our troops, it seems wiser – and safer – to either increase the Pentagon's manpower or reduce its workload. With the war on terror still in its early stages, the latter simply isn't an option.

U.S. Army Inc.

Looking for "the best deal for the taxpayer" and vowing "to free up resources for the global war on terrorism," the White House is ordering the Pentagon and other agencies to contract out more jobs to the private sector. Up to 214,000 Army positions could be affected.

"We are actively seeking to outsource or privatize all non-core functions," Army Secretary Thomas White says. While the scope and scale of White's privatization program is ambitious, Pentagon privatization is actually nothing new. A study by *The Washington Post* found that the Reagan administration shifted 15,000 Army positions to the private sector in the 1980s. The Clinton administration reviewed 33,000 Army jobs, ultimately contracting out some 6,300 of them to private industry.

Nor is private contracting limited to stateside bases. According to *Government Executive* magazine, "the services increasingly are hiring contractors to provide

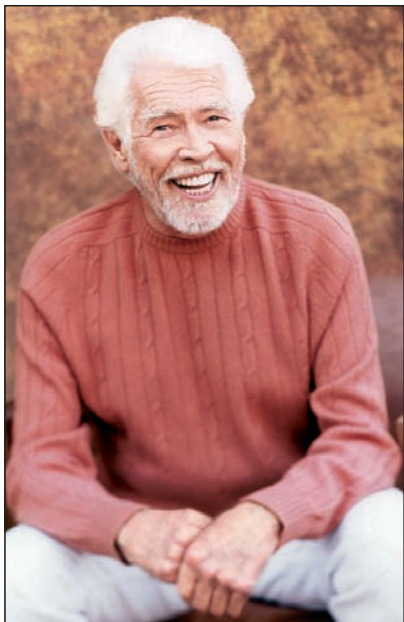
support behind the lines." Companies such as Brown and Root are based alongside U.S. forces throughout the Balkans. They repair vehicles, cook meals, wash laundry and, in the words of one employee, "do everything that does not require us to carry a gun."

Government Executive found that for every two troops deployed, three contractors are employed. More than a decade ago in the Persian Gulf, there was just one contractor for every 100 troops in the desert.

– Alan W. Dowd



A Navy commander supervises as a civilian employee conducts a water treatment test at the Naval Air Station in Jacksonville, Fla. *DOO*



Our Man Flint actor James Coburn suffered for 20 years until he found MEGAMSM.
by Ronald M. Lawrence, M.D.

In Memoriam:

How James Coburn Battled for Bone and Joint Health

I sent Coburn home with some dietary supplements (methylsulfonylmethane) and suggested that he take megadoses of them morning and night for three or four weeks, explaining that it takes some time to replenish your body from so great a deficiency.

Well, the fourth morning, Coburn woke up and could hardly believe it. He didn't have any pain and was bubbling with energy. He thought he must be having the occasional good day. The next morning, Coburn awoke feeling terrific again and could hardly wait until my office opened to call me with the news.

"Will it last?" he asked hopefully. I said that he might have troubling times during the first month, but because of his early relief, I doubted that he would have many bad days. I explained that sulfur blocks the pain response in the nerve fibers for some people and helps rebuild crucial cells in the joints, but it can't do a complete rebuilding job all by itself.

Your joints are lined with a substance made of collagen. Cartilage is also made of collagen. Clinical tests have revealed an amazing nutrient to be the best helper in repairing damage to your joints.

I also told him that the Chinese's 2,000-plus years of medical experience with herbs has shown that two botanicals, *Corydalis turtschaninovi* and *Melia toosendan*, are important pain-relieving compounds.

I mixed these pain relievers with methylsulfonylmethane and collagen. When Coburn took this natural combination, he felt great again!

This incredible formula was then given to one of the country's top nutrition companies, Gero Vita International. Coburn got Gero Vita to let you try the formula, called MEGAMSM, at the lowest possible price.

Gero Vita knows how effective MEGAMSM is, so it was willing to go a step further to get you to try the formula. First, you'll get a whopping 66% off a 30-day supply—only \$9.95 instead of the usual \$24.95. Plus, you can try MEGAMSM for 30 days, and if you don't

like it, just call the toll-free number, and you'll get all of your \$9.95 back.

Of course, if MEGAMSM works for you like it did for Coburn, you'll never want to go a day without it. However, you can't stock up on it because it must be fresh to work well. Therefore, Gero Vita will assume that if you haven't called the toll-free number within 30 days, you want to continue taking MEGAMSM. For your convenience, Gero Vita has set up an automated delivery system so that you'll get a fresh supply at just the right time every month.

Because Gero Vita saves money with the automated shipping and billing process, you won't be charged for any shipping costs—only \$24.95 will appear on your credit card statement each month. You can cancel at any time by mail or phone. There is no obligation.

During my research, I found that nutrients in some foods can help your joints, while some foods can make them hurt. I prepared a booklet entitled *What You Eat or Don't Eat Can Make Your Arthritis Better or Worse*. Gero Vita will send this valuable booklet to you free when you try MEGAMSM.

If you have joint stiffness, don't put up with the misery any longer. James Coburn didn't give up. He was able to work again and live well until his last days. You can't lose. Call **1-800-586-4649**.

Please give the operator this Priority Code to take advantage of this special offer:

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CALL 1-800-586-4649 24 HOURS A DAY.

For 20 years, severe joint problems made James Coburn's life a living hell. I know because I was one of his best friends. Tragically, we recently lost Coburn to a heart ailment. I will miss him, but I also know that he wouldn't want people to remember him in sadness. Instead, up until the end, Coburn wanted everyone to know about his victory over joint stiffness.

When Coburn first experienced poor joint health, any kind of movement was difficult. He could barely walk—even getting up from a chair was pure agony. He went from doctor to doctor trying every medication and treatment available, but nothing seemed to work. He thought his career was over.

Then a friend introduced him to me. I'm a doctor who prefers to get to the cause of ailments rather than just hand out drugs. I suggested that he might have a deficiency of dietary sulfur, which plays an especially critical role in maintaining the elasticity and flexibility of the connective tissue and fibrous cartilage in the joints.

Coburn was astounded because not one of the dozens of doctors he had seen over the last 20 years had told him that. I also told him that sulfur is in every healthy cell and is used for repairing many of the structures of the body. However, many people don't get enough sulfur in their diets because farmers don't replace sulfur in the soil when they fertilize, and food processing often destroys it.

'TEACH-INS' PROMOTE DISSENT AND CREATE SOME, TOO

Public schools in San Francisco and Oakland are modeling "teach-ins" this term on vintage 1960s anti-war dissent. But what plays by the bay obviously does not fly in the heartland.

While the California school districts unanimously approved resolutions last fall to offer programs that spotlight the social evils of war, in light of a possible U.S. strike against Iraq, a similar event planned at a Madison, Wis., public high school in December was canceled because it lacked balance; all three scheduled speakers were war opponents.

A former Vietnam War protester, school board member Dan Siegel drafted the anti-war teach-in resolution in Oakland. He explained to a newspaper: "If our government starts bombing Iraq, there can easily be tens of thousands of casualties as American citizens. U.S. troops who will disproportionately

represent poor communities like Oakland and working class, poor people and people of color, will end up in the military."

San Francisco's public-school teach-ins were inspired by such anti-military groups as International ANSWER (Act Now to Stop War and End Racism), Not in Our Name, Asian Pacific Islander

Coalition Against the War and United for Peace/Global Exchange.

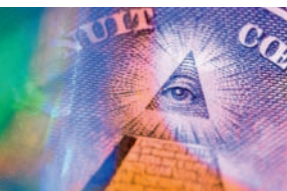
In Wisconsin, meanwhile, Madison school officials were met with outrage on-campus and off when teach-in plans were revealed.

Teachers and students alike tore down promotional posters. The controversy made for a heated local talk-radio show debate. The school was accused of being anti-American and subversive. Officials decided to table the teach-in until hawks could be found to counter the doves.



THE COLOR OF MONEY

Some \$53 million is expected to be spent over the next five years to educate the public about the new, full-color U.S. currency scheduled to debut this spring. The reason for the second paper-money



redesign in less than seven years closely resembles the last reason: to thwart high-tech counterfeiters. While watermarks and embedded, glowing security bands will carry over into the new money, the images will break away from the gray and green of yesteryear with full-color images, printed in "shifting ink" that changes appearance depending on the direction from which the bill is viewed.

THE WELCOME MAT

11 million: Estimated number of undocumented workers in the United States, according to a Northeastern University study, which came after an earlier U.S. Census estimate put the number at 6 million.

955,310: Number of illegal aliens the U.S. Border Patrol arrested during attempts to enter the United States in 2002.

150: Number of foreign countries represented among those arrested.

96: Percentage of arrested aliens who came from Mexico.

90: Percentage of 19,221 *Arizona Daily Star* survey respondents who support the idea of having armed citizens patrol the border to prevent illegal aliens, drug smugglers or terrorists from entering the country.

WRINKLE-FREE EXTREMISM

One competitor did it bouncing on a trampoline. Another did it hanging upside-down in a tree. Another was photographed doing it surfing down a river. What were they doing? The newest extreme sport – extreme ironing. The founder of the first World Extreme Ironing Championship in Munich last year said the sheer tedium of that household chore led him to launch the international competition, which, in its first year, drew 80 contestants from 10 different countries.



VERBATIM

"I think I already have."

HAZEL LUTHER

on her 113th birthday in December, when asked if she wanted to live forever

"Let's face it. It's the same as burying a veteran as far as I'm concerned, or an American citizen."

ED OLM

83-year-old Navy veteran, while watching the smoke rise from a U.S. flag-retiring ceremony conducted in Crystal River, Fla.

"A regime that fires upon American and British pilots is not taking the path of compliance."

PRESIDENT GEORGE W. BUSH

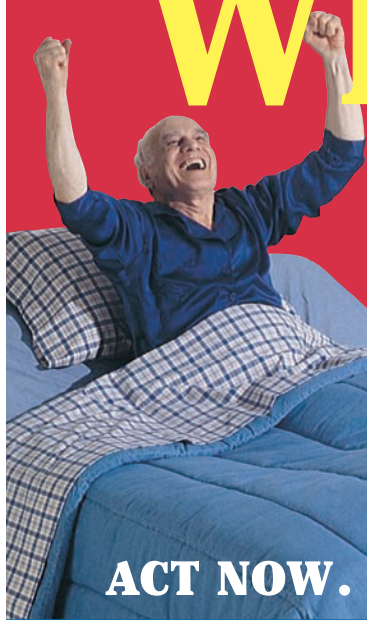
referring to ongoing attempts of the Iraqi military last winter to shoot down U.S. planes patrolling no-fly zones in northern and southern Iraq

"One teacher said we were trying to brainwash kids. All we were doing was handing out pencils. We're not trying to invade anybody's privacy. We're just trying to protect their freedoms."

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speaking on the hostilities military recruiters sometimes face on high-school campuses

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Erectile dysfunction

New drugs, advertising blitz could ease embarrassment for millions of men.

BY TARA PARKER-POPE

As two new impotence drugs prepare to battle Viagra, doctors are hoping the real victory will be for patients who are finally spurred to seek help for erectile dysfunction.

The two drugs, Cialis and Levitra, should hit the market this year. Manufacturers are armed with a raft of studies heralding the success rates of the drugs. But urologists say the real benefit will come from the onslaught of advertising informing people about erectile dysfunction and, hopefully, easing their embarrassment about this very real health problem.

In the United States, an estimated 30 million men suffer from some significant level of erectile dysfunction. Only about 10 percent are being treated, which is unfortunate since all the drugs work remarkably well when given the chance.

When a man takes Viagra, Cialis or Levitra, he doesn't feel anything. But that doesn't mean the pill isn't working. As the drug moves into the bloodstream, it starts to block an enzyme called PDE-4. Blocking the enzyme increases blood flow to areas where PDE-5 is most heavily concentrated – the penis, nose and skin. Diminished blood flow to the penis is the cause of most erectile dysfunction, and the problem usually is

related to other conditions, such as hypertension or diabetes.

Doctors know the most about Viagra because it's been around the longest. In a review of 27 Viagra trials involving 6,659 men, VA researchers found the drug worked 66 percent of the time, compared with 25 percent for men taking a placebo. While Viagra didn't work every time, 83 percent of the men were able to have sex at least once during the study period, compared with 45 percent in the placebo group.

The drug works differently in men with various health problems. Men whose erectile dysfunction is psychologically based do best. In the VA study, 91 percent of men in that group were able to have sex one or more times during treatment. Close behind were men with vascular disease (88 percent) and those suffering from depression (86 percent). The remaining categories include men with hy-

pertension (75 percent), diabetes (70 percent), ischemic heart disease (69 percent) and those who have had their prostate removed (47 percent).

Cialis and Levitra are chemically similar to Viagra and work by blocking the same enzyme. It is unknown how the drugs stack up, because they have not been compared. However, studies indicate the drugs post similar or slightly better success rates than Viagra.

Although doctors don't think the drugs overall will necessarily work better than Viagra, slight differences may mean that if one brand doesn't work, another might.

That was the experience of one 67-year-old Boston man with diabetes. Viagra rarely worked for him. When he took part in a clinical trial of Levitra, he had far more success with the new drug.

All the drugs have minor side effects, such as mild headache and stuffy nose. Rarely, men who use Viagra report blueish vision, but all the side effects disappear quickly and fade with prolonged use.

Although Viagra is considered to be remarkably safe, it's not recommended for men with uncontrolled high blood pressure, history of recent heart attack or those using nitroglycerin patches or tablets.

Tara Parker-Pope is an author and health writer for The Wall Street Journal.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their personal physicians when they have health problems. This article also is not intended to be, nor is it, an endorsement or advertisement for any product.



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Rethinking menopause treatment

Combined hormone therapies increase risk of heart attack, stroke and breast cancer.

BY DR. MAIDA TAYLOR

One arm of a major menopause study was discontinued in July 2002 when researchers found that therapy with the most commonly used menopause hormones was associated with a greater risk of heart attack, stroke and breast cancer.

The National Institutes of Health established the Women's Health Initiative in 1991 to determine if hormone therapy really lowered the risks of coronary heart disease, colon cancer and osteoporotic fractures. The study was also set up to monitor breast-cancer rates. With over 26,000 enrolled, WHI is one of the largest preventative studies in history. Researchers hoped to generate highly reliable information that clinicians could use to make informed decisions regarding post-menopausal health. The WHI consisted of two studies: an estrogen plus progestin trial and a separate estrogen-only study.

The study of combined hormones, however, was terminated. The findings from data on 16,609 women participating in the trial showed that more women taking estrogen plus progestin had serious health outcomes than did women taking a placebo. Results showed a 29-percent increase in heart attacks, 41-percent increase in strokes and 26-percent increase in breast cancers.

These adverse effects were offset somewhat by a 37-percent reduction in the risk of colorectal cancer and a 34-percent reduction in the likelihood of hip fracture. When all the benefits and risks were added up, the researchers concluded that combined hormone



therapy does not prevent heart attacks or strokes and overall is not beneficial.

As a result, the American College of Obstetricians and Gynecologists issued revised guidelines for the use of hormone therapy. They said combined hormone therapy should not be used for the prevention or treatment of heart disease. The organization also said use should be limited to the treatment of symptoms only for a short time. If hormones are not needed for symptoms, they should be stopped.

No clear recommendations can be made on how to stop taking hormone therapy. However, evidence does not suggest going "cold turkey" causes harm. And no evidence exists that "tapering off," such as taking a pill every other day then every third day, reduces the likelihood of estrogen withdrawal symptoms, such as hot flashes and insomnia.

Women have a number of other options for treatment or prevention of osteoporosis or heart disease. Several drugs have been approved for the prevention and treatment of osteoporosis. Most often prescribed are bisphosphonates and one selective estrogen receptor modulator. Women also should take a calcium-plus-vitamin D supplement. Exercise is a good preventive strategy but has

not been shown to be greatly effective once osteoporosis develops.

The most effective methods to prevent heart disease are maintaining a healthy weight, exercising an hour each day, avoiding saturated fats and transfatty acids, using healthy fats like olive or canola oil in limited amounts, and getting regular cholesterol checks.

Menopause medicine is a popular area of health research. Combining diligent science and creative thinking, scientists may be able to find new medications that offer benefits while limiting the side effects and complications of current therapies. We also need a better understanding of how women age to distinguish those disorders that are due to wear and tear from those that result from a lack of estrogen. Continued quality research like the WHI will help women make decisions based on solid scientific foundations.

Dr. Maida Taylor is senior clinical research physician of Women's Health and Reproductive Medicine at Eli Lilly and Co.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their personal physicians when they have health problems.

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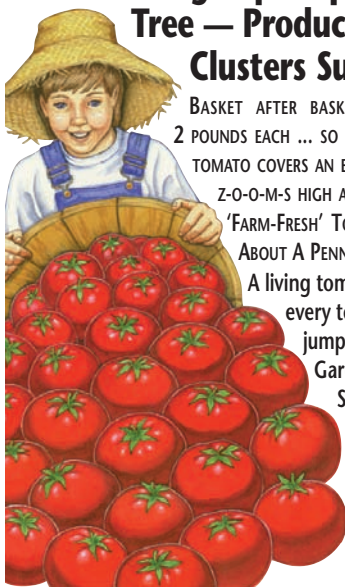
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Commit to quit

Getting the right help in kicking the smoking habit can make all the difference.

BY DR. JAMES F. BURRIS

If you smoke, quitting may be the healthiest decision you ever make. Beating a nicotine addiction requires strong desire, time and some help. It begins with your decision to take control of your future.

One of four adults in America smokes. Tobacco addiction claims 430,000 lives each year, making it the leading cause of death and disease in the United States. Smoking can lead to various forms of cancer, emphysema, heart disease and many serious illnesses. Despite these serious dangers, most smokers fail in their first attempts to quit. Research has shown that fewer than 5 percent of smokers who try to quit without help will make it through one year without tobacco.

Whether they smoke cigarettes, cigars or a pipe, users expose themselves to more than 4,000 harmful chemicals. They include nicotine, which is so addictive that two, three or even more attempts are often required before a smoker succeeds in quitting.

Nicotine reaches the brain within 10 seconds of inhalation, affecting pleasure and motivation centers in ways similar to cocaine and heroin. The slight rush of adrenaline it triggers raises the heart rate, blood pressure and respiration. The body's desire for nicotine can cause irritability, hunger, restlessness and confusion. Withdrawal can last

months or longer.

Getting help may be the key to beating the addiction. Counseling or less formal support groups can reinforce your desire to quit. Medications also may be an important part of a program to quit smoking. Gum, inhalers and the VA-developed nicotine patch provide nicotine without smoke and all its harmful chemicals. They help curb cravings and allow a reduction of doses until one can function normally without it.

VA researchers are seeking ways to make nicotine therapy easier and more effective. A small, preliminary study led by Dr. Jed Rose of the Durham, N.C., VA Medical Center, found that liquid nicotine added to ordinary beverages may be effective. Additional research may show this approach to be a helpful alternative to traditional delivery methods. Rose, one of the inventors of the nicotine patch, previously found that combining the patch with the drug mecamy-



Fogstock

lamine is more effective than using the patch alone.

Another VA scientist, Dr. Linda Ferry of the Loma Linda, Calif., VA Medical Center, found that an antidepressant combined with nicotine replacement and counseling significantly increased the success of people trying to quit smoking. Up to 26 percent of smokers using nicotine replacement alone are still tobacco-free after one year. By adding therapy, the study found success rates of up to 60 percent.

Whatever therapy you try, the most important part is making the commitment to quit. Once you make the decision, don't be afraid to involve others. Talk to your doctor about a safe, effective strategy. Ask friends and family not to smoke around you. Join forces and share support with others who are giving up tobacco. It's never easy to quit, but a realistic plan that meets your needs can help you begin a longer, healthier life as a nonsmoker.

Dr. James F. Burris is acting chief research and development officer for the Veterans Health Administration.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their personal physicians when they have health problems.

Smoking and veterans

Nearly 34 percent of veterans smoke, compared with 28 percent of non-veterans.

Veterans are twice as likely as non-veterans to be heavy smokers who consume more than one pack per day.

Approximately one of four veterans treated by VA has a smoking-related illness.

Tips to help you quit

Get rid of everything you use in smoking: cigarettes, ashtrays, pipes, lighters – everything.

Avoid places where you may be tempted to smoke.

A smoking addiction involves nicotine and the physical act of smoking. Start a new hobby that occupies your hands and mind, such as gardening, golfing, fishing or painting. Avoid old hobbies you may associate with smoking.

Make safe havens of places that ban smoking, such as theaters, museums and libraries.

Occupy your mouth with gum, hard candies or toothpicks. Keep such items handy in case you get the sudden urge to light up.

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Yesterday's news, today's memorabilia

Most people are all too happy to throw out old newspapers. But Lloyd McKissick Jr. of Weare, N.H., is glad some people hang onto them.

Last year McKissick's sister-in-law, Sara McKissick of Mercer, Pa., came across part of an old newspaper handed down through her family from her late uncle's estate. As she unfolded the fragile pages that had been neatly torn from a 1932 Franklin, Pa., *News Herald*, her eyes fell upon a full-page American Legion advertisement. The 18" by 24" ad – which is in excellent con-

dition, though yellowed with age – is a rare memento of The American Legion's early post-World War I recruiting efforts.

Remembering that her uncle, John Minin, served in World War I and was an active life member of the Franklin, Pa., American Legion Post 46, Sara understood why her uncle kept the ad. And she knew exactly what to do with it. She gave it to her brother-in-law, Lloyd, a World War II veteran and member of Weare, N.H., Post 65. Lloyd, proud of his piece of Legion history, kept the original



document but gave his post a framed reproduction of the ad. The item remains a conversation piece for post members and visitors alike.

Conley criticizes concurrent-receipt compromise

American Legion National Commander Ronald F. Conley strongly criticized a compromise in the fiscal 2003 Defense Authorization Act for failing to correct a longstanding law requiring disabled military veterans to pay for their own service-connected disability compensation out of their military retirement.

Advisers of President George W. Bush repeatedly warned lawmakers that the president would veto a defense authorization bill containing concurrent-receipt provisions passed by 403 members of the House of Representatives and 83 U.S. senators. A compromise hammered out in November watered down concurrent-receipt language in both the House and Senate measures to allow only 33,000 of the nation's 550,000 eligible disabled veterans both their disability pay and military retirement.

To pass the bill, lawmakers hastily approved the compromise, singling out Purple Heart recipients and some other disabled veterans for concurrent receipt. The compromise was proposed by Sen. John Warner, R-Va., and approved by a voice vote in both the House and Senate.

Under the compromise, retirees who were awarded the Purple Heart for combat injuries would receive both benefits if the disability was related to a combat injury. Certain other groups of veterans with service-related disabilities also would be eligible for retirement and disability pay.

Conley said that's not good enough.

"I call on President Bush to personally explain to the American people, especially military retirees, his position on concurrent receipt," Conley said. "On the

"I call on President Bush to personally explain to the American people, especially military retirees, his position on concurrent receipt."

– National Commander Ronald F. Conley

campaign trail a short two years ago, you made repeated promises to give veterans their earned benefits. Well, Mr. President, your record is being written. Your senior advisers claim that reversing the current policy of offsetting a military retiree's check dollar-for-dollar by the amount of VA disability compensation awarded is 'double-dipping,' or being paid

twice for doing the same job. That is simply wrong, and I don't believe you share that view. As a veteran, you know military pay is for longevity of service and VA disability compensation is for injury incurred during military service, plain and simple."

Both the House and Senate versions of the Fiscal 2003 National Defense Authorization Act addressed concurrent receipt in different ways. The Senate version meets the Legion's ultimate objective of full concurrent receipt for all service-connected, disabled military retirees. The House version would phase in concurrent receipt during the next five years for the most severely service-connected disabled military retirees.

"This Defense Authorization Bill is good legislation, and we support all but the concurrent-receipt provision as it now stands. The American Legion will not rest until all retired disabled military veterans are given the compensation they rightfully earned by honorable service to their country," Conley said.

Vets benefit from hiring preference

In a memo to the federal team of human-resources directors, U.S. Office of Personnel Management Director Kay Coles James reiterated President Bush's commitment to veterans' preference in filling federal jobs. James

For more information

U. S. Office of Personnel Management
Theodore Roosevelt Building
1900 E St. N.W., Room 5347
Washington, DC 20415-1400

praised agency efforts to recruit veterans in fiscal year 2001 that resulted in a significant increase of veterans in the federal civilian service. Compared to the private sector, federal agencies employ more than twice the percentage of veterans and five times the percentage of disabled veterans.

James, however, said agencies can still do more, and she strongly encouraged the HR directors to uphold veterans' preference laws in their states. Further, she announced that OPM would conduct selected audits of agencies for adherence to veterans' preference.

"We need to remember that veterans' preference is not a barrier to the federal hiring process," James said. "It is a key component of this process. HR professionals should be clear that this administration, working alongside the professional HR team, will fight to protect veterans' preference."

"The professional HR community understands that there is an obligation to uphold and enforce veterans' preference as an encumbrance on the federal hiring process. Veterans' preference is a legal right that reflects a national value; it cannot, will not and shall not be circumvented."

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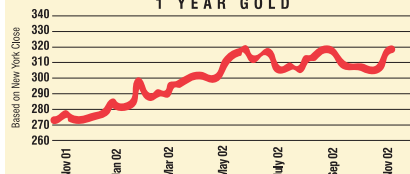
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Members of The American Legion College Class of 2002 learned leadership skills during an extensive six-day course at National Headquarters in Indianapolis. The college facilitators also are pictured. *Tom Stratman*

Legion College produces leaders

Last November, Legionnaires from across the nation took part in the 2002 American Legion College at national headquarters in Indianapolis. The 35-member class underwent an intensive six-day course in creativity, leadership and innovation.

Attendees were briefed about public relations, mentoring, legislative issues, Legion programs, veterans affairs, the resolution process and legal issues that affect posts. In addition to revitalizing a mythical Legion Post X, the students also developed ideas for reaching out to youth.

The class surprised program leaders when the students raised more than \$700 to donate to an in-

ner-city school for at-risk children, which some classmembers visited. They raised another \$435 for The American Legion Sept. 11 Memorial Scholarship Fund.

Legion College, now in its fourth year of resurrection after the program was suspended in the 1950s, brings together Legionnaires who have demonstrated the ability to provide leadership for the organization through the next generation. The program combines classroom instruction with in-the-field experiences that prepare men and women to lead the nation's largest wartime veterans organization on both the local and state levels.

Wireless perks for Legionnaires and their families

During the past decade, wireless products and services have spread nationwide. The cellular phone, once considered strictly a business tool or extravagant luxury, has now become a part of American life. Increased competition and services among wireless carriers, combined with a steady decrease in cost, have made it even easier to use cellular phones. Wireless service providers in the United States now offer plans that have no long distance and no roaming costs, virtually eliminating the use of land lines for long-distance calls at home or while traveling.

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and most advanced wireless handhelds on the market today – integrating voice and data wireless service, e-mail, wireless internet and much more. These devices are a perfect gift for the limited user or the tech-savvy consumer.

In addition, a significant percentage of American Legion Wireless proceeds support Legion programs such as American Legion Baseball, the National Oratorical Program and Veterans Affairs & Rehabilitation programs. The American Legion has long provided a variety of membership benefits and support services to former military members and their families, as well as those serving on active duty.

VA starts list server for news

Veterans interested in obtaining the latest information from the Department of Veterans Affairs – from news releases and

Get on the list

To receive materials distributed by VA's new list server, visit:

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Subscribers will be asked to provide a name and an e-mail address.

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fact sheets to other products from VA's Office of Public Affairs – can sign up for automatic distribution through e-mail.

Called a "list server," the device will provide vet-

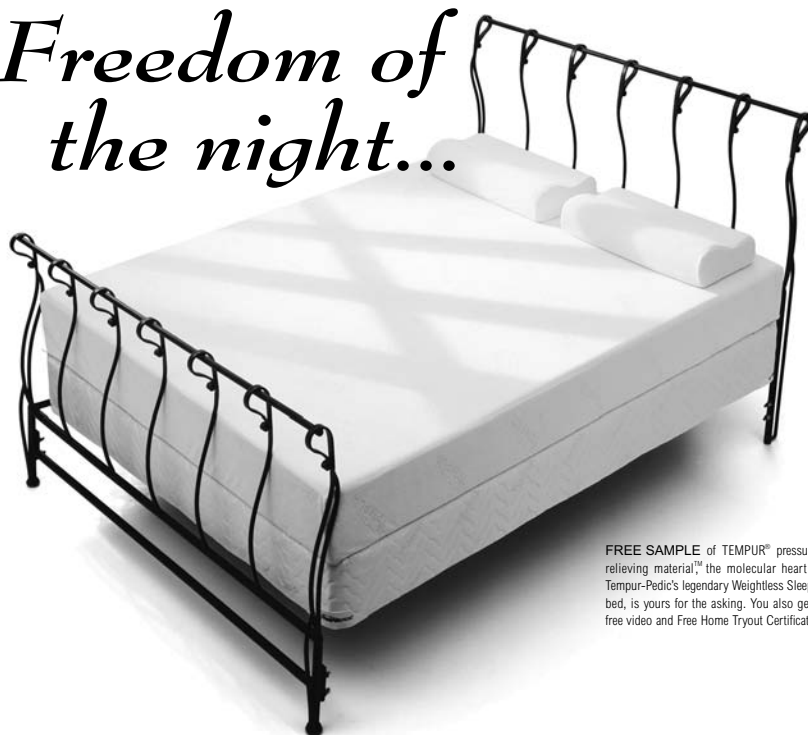
erans, reporters, veterans service organizations and interested Americans with VA's written products within seconds of their formal release in Washington.

"By tapping into the latest technology, VA is providing one more tool to inform veterans about services and programs," Secretary of Veterans Affairs Anthony J. Principi said. "This will help them use the benefits that they have earned by their military service."

American Legion National Conventions

St. Louis	Aug. 22-28, 2003
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Honolulu	Aug. 19-25, 2005
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Legion stands ready in pledge ruling

The 9th U.S. Circuit Court of Appeals in San Francisco – which ruled that the phrase “under God” in the Pledge of Allegiance is unconstitutional – has denied 10 amicus curiae (friend-of-the-court) briefs filed to overturn the court’s decision.

The American Legion filed one of the briefs in August, joining 50 state and territorial attorneys general and the U.S. Senate. Also filing similar briefs were, among others, the American Center for Law & Justice, Idaho Gov. Dirk Kempthorne and the Pacific Legal Foundation.

“The 9th Circuit Court already has indicated exactly how it feels about religion,” American Legion National Commander Ronald F. Conley said. “It appears free speech doesn’t rank very high with that group since they have turned down all the briefs.”

The 9th District’s ruling came after Michael Newdow, an atheist and father of an elementary-school girl, filed the case against the United States, Congress, California and two school districts. Newdow’s daughter attends public school in

Elk Grove, Calif., near Sacramento. Newdow’s complaint alleged that his daughter “is injured when she is compelled to ‘watch and listen as her state-employed teacher in her state-run school leads her classmates in a ritual proclaiming that there is a God and that ours is one nation under God.’”

Newdow is not his daughter’s custodial parent. The 9th District Court panel has asked the federal government and the school district to brief the issue of whether Newdow has standing to bring the action in the first place.

The American Legion received several pledges from donors who wanted to help fund filing the brief. Conley said the Legion will see the case to its end.

“Unless the court reverses its decision, The American Legion and others will follow the case with great interest,” he said. “We will take it as far as it needs to be taken. We stand ready.”

In 1954, President Dwight D. Eisenhower signed legislation inserting “under God” after the words “one nation.” The American Legion was instrumental in adding the phrase to the pledge.

Navy, Marine Corps offer POWs a step up

Until last November, only the Army granted all prisoners of war a one-grade promotion, retroactive to the day they were captured. The Navy and Marine Corps are falling into step, but with a catch: former prisoners or their surviving spouses must apply to receive any back pay they are due.

The change came as part of the 2001 Defense Authorization Act, but Navy and Marine officials now are actively seeking eligible recipients. According to the guidelines, any former Marine or Navy POW from 1941 to 1946, or their surviving spouses, can apply for the pay.

POW advocacy groups such as the American Ex-Prisoners of War estimate that up to 44,000 former World War II POWs are living in the United States and abroad. About 40 percent of the Americans

Where to apply

Former Navy prisoners of war:

Cmdr. John DeNicola
Bureau of Naval Personnel,
Retired Activities Branch - PERS-62
5720 Integrity Drive
Millington, TN 38055

Former Marine Corps prisoners of war:

Maj. Jeff Sokoly
Headquarters, U.S. Marine Corps
2 Navy Annex, RFL-F7
Washington, DC 20380-1775

held prisoner in the past five conflicts still are alive, according to the group’s search of records.

More than 140,000 Americans were captured and held during World War I, World War II, the Korean War, the Vietnam War, the Persian Gulf War, and the Somalia and Kosovo conflicts. Of that num-

ber, an estimated 49,000 still are alive, including one from World War I, 44,000 from World War II, 2,600 from the Korean War, 600 from the Vietnam War, 23 from the Gulf War, one from Somalia and three from the Kosovo conflict.

Congress officially has defined a prisoner of war as “a person who, while serving on active duty, was forcibly detained by an enemy government or a hostile force during a period of war or in situations comparable to war.”

A number of other pending measures also seek retroactive compensation for former prisoners of war, advocacy officials said. They include the POW Benefits Act of 2002 and the Former Prisoners of War Special Compensation Act of 2002, which are being reintroduced in Congress early this year.

How to Submit a Reunion

The *American Legion Magazine* publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Comrades Editor, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are published free of charge.

Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year. Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other Notices

"In Search Of" is primarily a means of getting in touch with people from your unit to plan a reunion. Listings must include the name of the unit from which you seek people, the time period and the location, as

well as a contact name, address, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: Comrades Editor, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org. The magazine will not publish the names of individuals, only the name of the unit from which you seek people. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership. Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE

1st Comp Tech Sqdn, Myrtle Beach, SC, 4/6-10, Erich Feierabend, erichhappyhour@webtv.net; **3rd Motor Trans Sqdn**, Sarasota, FL, 5/8-10, Earl McCartney, (941) 359-0084, mrmac21822@aol.com; **11th Cbt Def Sqdn Altus AFB 1958-1968**, Las Vegas, June, Skip Bateman, (321) 454-7363, lbateman@cfl.rr.com; **42nd Bomb Grp 13th AF**, Dayton, OH, 6/4-8, Ed Brisick, (949) 854-9367, fitldr@worldnet.att.net; **102nd AC&W Sqdn**, Williamsburg, VA, 5/4-8, Henry Connors, (401) 437-1482, hank.connors@juno.com

331st Trp Carrier Sqdn 1956-1958, Nashville, TN, 5/23-24, Jarv Adams, (603) 547-3596, javadams@cs.com; **505th Bomb Grp (VH) 20th AF Tinian WWII**, Annapolis, MD, 5/26-30, Sam Greenwood, (410) 827-6331, fairdinkum@friendly.net; **525th Ftr Interceptor Sqdn Landstuhl and Bitburg, Germany**, Phoenix, 10/10-12, Albert "Mike" Mikuski, (802) 254-6297, mikecarol525fis@cheshire.net

551st and 552nd AEW&C Wings, Reno, NV, 5/18-21, Tony Praxel, (916) 487-1975, tpraxel@aol.com; **553rd Recon Wing**, Reno, NV, 5/18-21, Tony Praxel, (916) 487-1975, tpraxel@aol.com; **Det 0900 Lahr, Germany, 1962-1965**, Las Vegas, 6/2-4, Joseph H. Kerr, (813) 996-5633, bojocare@earthlink.net; **Thunderbirds Alumni Assn**, Las Vegas, 11/20-23, Doris Wilson, (702) 871-7197, doewilson@aol.com

ARMY

1st Bn 12th Inf 4th Inf Div "Red Warriors" 1966-1970, Colorado Springs, CO, 6/5-7, Harry Dilkes, (732) 494-3572, dilkes@aol.com; **1st Inf Div Band**, Tucson, AZ, 3/14-17, Duane Kasper, (319) 351-1345, duke9kas3@aol.com; **2nd Sig Serv Bn**, Charleston, SC, 9/3-7, George Akerhielm, (315) 682-9460, gjaker@juno.com; **4th Missile Bn 28th Arty**, Lawton, OK, 10/8-12, Doug Schlumbohm, (321) 255-1994, sindiahoma@aol.com

5th AAA Bn United States and Germany 1949-1958, Hershey, PA, 9/24-28, T. Zimmerman, (303) 694-6156; **5th ASA FS**, Charleston, SC, 9/3-7, George Akerhielm, (315) 682-9460, gjaker@juno.com; **6th Inf Rgt, All Theaters**, St. Louis, October, Charles Farrell, (727) 563-9362; **7th Bn 15th FA**, Fayetteville, NC, 9/11-14, Ray Gatti, (910) 949-3715, regatt@pinehurst.net; **7th Inf Div All Units**, Las Vegas, 9/11-14, Gene Peeples, (727) 397-8801; fpeeples@tampabay.rr.com; **7th Inf Rgt "Cottonbalers" Assn**, Metairie, LA, 5/15-18, Curley Faulk, (337) 625-8359, csmaar@aol.com; **7th Sig Bn**

(SHAPE) 1952-1959, Pigeon Forge, TN, 9/22-24, Bill Andersen, (402) 682-9059, shandy442002@yahoo.com; **9th Inf Div 3rd Bn 47th Inf Rgt**, Fort Mitchell, KY, 8/27-30, Frank J. Gubala, (716) 873-4821, fgubala@aol.com; **9th Inf Div Vietnam**, Fort Mitchell, KY, 8/27-30, Dale Jones, (541) 997-8600, dodcj@oregonfast.net; **11th Abn Div Mid-Atl Chapt**, Myrtle Beach, SC, 2/22-26, Herb Shapiro, (410) 827-6410, hshap@friendly.net; **14th Armd Div**, Cedar Rapids, IA, 9/10-14, Harold Kiehne, (608) 785-1931; **14th Field Hosp 56th Gen Hosp**, Denver, 7/25-27, Charles Fahler, (574) 595-7355, charlie9@pwrct.com; **40th Inf Div 223rd Inf Rgt**, Las Vegas, 5/18-21, Norman Hackler, (281) 444-5279, nhackler@hacklerandassociates.com; **45th Inf Div Assn "Thunderbirds"**, Oklahoma

City, 9/18-20, Raul Trevino, (210) 681-9134; **62nd Eng Const Bn Korea 1950-1954**, Spokane, WA, 6/12-15, Ted Anbuhl, (251) 666-5521, tanbuhl@gulftel.com; **63rd Inf Div "Blood & Fire"**, Columbus-Worthington, OH, 8/13-17, Jack Linscott, (937) 642-6576; **70th AAA Gun Bn**, Deadwood, SD, 9/21-24, Jim Harden, (941) 377-5295, cribbagebd@webtv.net; **76th Eng Const Bn**, Fort Thomas, KY, 4/24-26, Roy Miller, roy4@fuse.net; **82nd Abn Div Vietnam**, Charleston, WV, 8/13-17, Richard O'Hare, (804) 598-4805, gbc82abnvn@aol.com; **84th Eng Const Bn Korea 1950-1954**, Spokane, WA, 6/12-15, Ted Anbuhl, (251) 666-5521, tanbuhl@gulftel.com; **147th Assault Heli Co "Hillclimbers"**, Enterprise, AL, 6/7-11, Rodney Brown, (916) 689-4322, rrbrown@147thhillclimbers.org

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460th AAA Bn D Btry 5th Corps 1st Army, Norman, OK, 5/15-17, James K. Jones, (405) 321-4725, jameskjones@juno.com; **498th Air Ambulance Co Vietnam Aviators**, San Antonio, 2/23, R.H. McBride, (830) 896-1965, macb@beecreek.net; **517th FA Bn WWII**, Pigeon Forge, TN, 10/5-9, Chuck Underwood, (515) 978-5576, cneud@fbx.com; **517th Parachute Rgt Cbt Team Assn**, Oklahoma City, 6/2-6, Lou Darden, (918) 423-0706, lou@thedardens.net

529th FA Obsn Bn 1950-1958, Branson, MO, 9/24-27, Don Tyner, (515) 782-7963, betdont@heartland.net; **575th Supply Co 96th Supply & Serv Bn Cam Rahn Bay, Vietnam 1966-1969**, Joplin, MO, 9/27-28, Ron Demery, (417) 623-7944, rondem@yaho.com; **603rd Medium Tank Co 1st Cav Div**, San Diego, April, Robert Lancaster, (715) 736-1919, lancer@chibardun.net; **606th Ord Co (Ammo) 7th Army, Baumholder, Germany**, 1956-1958, Minden, NE, 6/13-15, John Carlson, (308) 832-2249

735th Tank Bn Assn, Indianapolis, 9/18-20, Frank Chambers, (765) 284-9690, snafufrank@comcast.net; **772nd MP Bn Korea WWII**, Indianapolis, 5/1-3, Bill McDonald, (708) 422-3892, billmcdonald@attbi.com; **8605th AAU**, Charleston, SC, 9/3-7, George Akerhielm, (315) 682-9460, gjaker@juno.com; **B Btry 776th AAA AW Bn "Liberty Bell Bn" WWII**, Troy, NH, 6/20-22, Bob Schindler, (413) 443-0231, kizayde@aol.com

Delta Co 2nd Bn 8th Cav (Abn) 1st Cav Div (Airmobile), Vietnam 1965-1972, Chicago, 5/15-18, Rich O'Brien, (630) 941-8727, richardobrien@msn.com; **Det 5**, Charleston, SC, 9/3-7, George Akerhielm, (315) 682-9460, gjaker@juno.com; **Field Station 8607 ASA Alaska/Wildwood Station**, Las Vegas, 4/2-3, John E. Foss, (865) 966-3937, fossjohn@attbi.com; **G Co 3rd Bn 11th Armd Cav Rgt 1953-1955**, Wausau, WI, 8/14-15, Jerry Brown, (715) 693-2725, vier1958@g2a.net; **HQ & HQ Co 222nd Avn Bn**, Enterprise, AL, 6/7-11, Don Yaxley, (585) 548-7762, dwyaxley@cs.com

COAST GUARD

USCGC Burton Island, WAGB 283, Reno, NV, 6/9-13, Greg Reel, (816) 454-7991, gnbreel@kc.rr.com; **USCGC Campbell, W 32/W 909 Assn**, Hampton, VA, 5/13-16, Mike Truex, (732) 922-6245, mtrruex@worldnet.att.net; **USCGC Rockaway**, Cape May, NJ, 10/3-5, Lou Wood, (845) 677-6259, rockaway311@earthlink.net

JOINT

Morocco, All Eras, El Cajon, CA, September, Lennie Brooks, (619) 442-4493, lennieb89@cox.net; **Naval Air Station & Sqdns 1943-1968**, Sanford, FL, 5/29-6/1, Gerald Bohm, (386) 668-4851; **Persian Gulf Cmd Vets Org WWII**, Warren, OH, 6/25-29, Robert C. Patterson, (570) 275-2058, rp7450@aol.com; **USS Saratoga, CV 3/CVA/CV 60**, Dearborn, MI, 10/9-13, John D. Brandman, (877) 360-7272, cva360@hotmail.com; **USS Terrebonne Parish, LST 1156**, New Orleans, 4/30-5/4, David Bader, (614) 841-1223, redab@columbus.rr.com; **Vets of Underage Mil Serv**, Hampton, VA, 5/1-4, Seth Wilson, (757) 851-5546

MARINES

1st Mar Div Echo Co 2nd Bn 7th Mar Vietnam, Memphis, TN, 6/20-21, A.J. Johnson, (252) 241-1973, askipjohnson@hotmail.com; **Mar Barracks NAS San Juan, PR, 1948-1950**, Florida, August, R.R. "Dick" Hosmeyer, (304) 265-5501; **Mar**

Corps Mustang Assn, San Francisco, 10/12-16, Bill Max, (800) 321-8762, topmustang@aol.com; **Mar Embassy Guard Assn**, Quantico, VA, 4/25-27, David Spellman, (540) 659-1932; **Mar Raiders**, Reno, NV, 5/6-7, Archie Rackerby, (530) 273-4220; **Supply Depot Motor Trans Camp Pendleton 1948-1953**, Branson, MO, 9/8-11, Bob Arnold, (918) 273-3059; **USMC West Virginia Centennial Plt 338**, Elkins, WV, 6/14-15, Roger Ware, (304) 636-4365, rware@yahoo.com; **VMD-354 WWII Mar Photo Recon Sqdn**, Omaha, NE, 9/25-28, Lambert J. Perina, (402) 892-3854, ljperin@megavision.com

NAVY

143rd NCB, Norfolk, VA, 9/15-19, Patrick McEvoy, (757) 484-5254; **Acorn Assn South Pacific Theater WWII**, Charlotte, NC, 9/17-21, Cliff Hammer, (909) 929-0229, hammercliff@earthlink.net; **All Seabee Reunion**, Port Hueneme, CA, 6/19-22, Ed Kloster, (626) 280-9495, mccb@earthlink.net; **Com River Flotilla One**, Fort Mitchell, KY, 8/27-30, Albert B. Moore, (828) 464-7228, mrfa@charter.net; **MCB 9, 1952-1958**, Cody, WY, 7/24-26, Dennis Casey, (605) 399-1050

MCB 11, Port Hueneme, CA, 6/19-22, Bob Marten, (406) 454-1838, marten14@attbi.com; **Mobile Riverine Force TF-117 Vietnam**, Fort Mitchell, KY, 8/27-30, Albert B. Moore, (828) 464-7228, mrfa@charter.net; **NAS/NOB Trinidad Assn, FASRON-105, VPB-208, VPMS-8, VP-48, VP-34 and Mar Det**, Atlanta, 10/2-4, F.D. Barrett, (870) 496-2285, barrett@ozarkisp.net; **Naval Beach Grp 1, ACB-1, ACU-5, BMU-1, BU-1, HDQTS-1, UDT-1**, Salt Lake City, 4/23-26, Carl E. Bevil, (309) 248-7676

Naval Dets Vietnam, Fort Mitchell, KY, 8/27-30, James F. Steffes, (090) 301-4176, pcf12crew@yahoo.com; **PCFs TF-115 Vietnam**, Fort Mitchell, KY, 8/27-30, James W. Steffes, (909) 301-4176, pcf12crew@yahoo.com; **PT Boats & Tenders WWII**, Lexington, KY, 7/30-8/4, Duane Renville, (701) 549-2691; **USS Ajax, AR 6**, Denver, 6/26-30, Dick Kujawa, (763) 757-9201, chief.dpc.usn@worldnet.att.net; **USS Albert T. Harris, DE 447**, Albuquerque, NM, 10/11-13, Charles Cook, (918) 749-8434, cjcook13@cs.com

USS Alfred A. Cunningham, DD 752, Seattle, 8/21-24, Tom Watkins, (360) 377-4244, trwat@home.com; **USS Annapolis, AGMR 1**, Boston, 10/9-12, James Kerr, (703) 360-0990, vfwjim@aol.com; **USS Atule, SS 403**, Baltimore, 5/18-21, John Rupertus, (410) 360-2852, cbcruises@aol.com; **USS Augusta, CA 31**, Mobile, AL, 5/20-24, Robert V. Forry, (814) 735-4846; **USS Balao, SS 285**, Reno, NV, 9/2-5, Jerry Padrta, (619) 423-1373, jipadrta@cox.net

USS Benewah, APB 35, Vietnam, Fort Mitchell, KY, 8/27-30, Albert B. Moore, (828) 464-7228, mrfa@charter.net; **USS Biloxi, CL 80**, Virginia Beach, VA, 5/14-18, Hugh Eubank, (757) 631-9663, ddeubank@worldnet.att.net; **USS Boston, CA 69/CAG 1/SSN 703**, Buffalo, NY, 7/10-13, Arthur L. Hebert, (603) 672-8772; **USS Briareus, AR 12**, Ocean City, MD, 9/9-12, Ed Grant, (419) 394-5573, esebcj@bright.net; **USS Bumper, SS 333**, Reno, NV, 9/2-5, Edward Stone, (315) 469-3825; **USS Charles F. Hughes, DD 428**, Des Moines, IA, 9/18-21, Richard Riley, (515) 274-2626, betdick.riley@mymailstation.com; **USS Colleton, APB 36**, Vietnam, Fort Mitchell, KY, 8/27-30, Albert B. Moore, (828) 464-7228, mrfa@charter.net; **USS Converse, DD 509**, Palm Springs, CA, 10/29-11/2, Jack

Vanderwalker, (909) 927-1173, jacbev@peoplepc.com; **USS Coolbaugh Assn, DE 217**, Denver, 9/14-18, Milton Kochert, (330) 533-5753, captmilt53@aol.com; **USS Crescent City, APA 21**, Arlington, VA, 8/14-17, Bill Vormbrock, (860) 376-5557, billv16@juno.com; **USS Croaker, SS/SSK 246**, Reno, NV, 9/4, Victor Lee, (770) 531-2373, vicss246@charter.net; **USS Currier, DE 700**, San Antonio, 9/24-27, Albert DeWinne, (210) 826-4741, aldott102@aol.com

USS Donner, LSD 20, Charleston, SC, 4/27-30, Tom Nelson, (618) 656-0131, nellie0131@yahoo.com; **USS Earle B. Hall, APD 107**, Mystic, CT, 6/5-8, H.G. Schimmel, (941) 349-8604, bandhschimmel@mindspring.com; **USS Effingham, APA 165**, Baltimore, 4/24-27, Lowell E. "Lupe" Ellingson, (609) 627-3870, shadlupe@aol.com; **USS Ellet, DD 398**, Colorado Springs, CO, 9/8-11, Dan Redholtz, (562) 949-8086, dan.r@pcmagic.net

USS Fargo, CL 106, Charleston, SC, October, Fred Huntington, (757) 499-5076, fhuntington1927@yahoo.com; **USS Flusser, DD 368**, Mobile, AL, 9/17-21, Harry McMillan, (231) 854-1956, machandj@mycldco.com; **USS Gainard, DD 706**, Baltimore, 8/20-24, David Gemmell, (410) 795-4485, pdgem@webtv.net; **USS Galveston, CLG 3**, Reno, NV, 9/17-21, Tom Campbell Jr., (866) 398-2655, t.campbelljr@att.net

USS Gato, SS 212/SSN 615, New London, CT, 9/18, Hal Egbert, (707) 246-1431, theegg@surewest.net; **USS Gen. A.E. Anderson, AP/TAP 111**, Mobile, AL, 9/25-28, Gene Hamelman, (214) 726-9390, hamelman@swbell.net; **USS Gen. W.A. Mann, AP 112**, Baltimore, 5/1-4, Joseph Anthony, (610) 873-6304, mjanth@webtv.net; **USS Geneva, APA 86**, Gretna, LA, 5/23-26, Harold Matherne, (504) 341-1286, lo5508@cox.net

USS Helena, CL 50/CA 75/SSN 725, Dallas, 8/28-30, Fred Buser, (562) 866-1760; **USS Huntington, CL 107**, Albuquerque, NM, September, Gene Volcik, (512) 926-7008, evolcik@aol.com; **USS John S. McCain, DDG 36/DL 3**, Port Clinton, OH, 5/16-18, Raymond Filak, (440) 949-2736, filak@aol.com; **USS Kalinin Bay, CVE 68/VC 3**, Charleston, SC, 5/14-18, William Long, (517) 872-9932; **USS Keppler, DD/DDE 765**, Biloxi, MS, 9/25-28, Willard Darrell, (631) 586-4565, tincan765@hotmail.com

USS Kirwin, APD 90, Mystic, CT, 6/5-8, H.G. Schimmel, (941) 349-8604, bandhschimmel@mindspring.com; **USS LSM 490**, Port Charlotte, FL, July, Al Mock, (941) 625-5175; **USS LST 372**, Muskegon, MI, 9/11-13, Wayne Foran, (217) 678-8145, waynef@net66.com; **USS LST 975**, Rapid City, IA, 9/18-21, Ray Price, (717) 692-2945; **USS Maddox, DD 731/622/168**, Buena Park, CA, 9/4-7, Cliff Gillespie, (714) 960-5283, cwjgilles45@aol.com

USS Markab, AK 31/AD 21/AR 23, Windsor, CT, 10/16-19, Don Somers, (860) 633-4254, donsomers32@aol.com; **USS Mercer, APB 39**, Vietnam, Fort Mitchell, KY, 8/27-30, Albert B. Moore, (828) 464-7228, mrfa@charter.net; **USS Morton, DD 948**, New Orleans, 9/17-21, John Kieft, (541) 471-2309; **USS Neuces, APB 40**, Vietnam, Fort Mitchell, KY, 8/27-30, Albert B. Moore, (828) 464-7228, mrfa@charter.net; **USS New, DD 818**, Virginia Beach, VA, 9/18-21, Dennis Butler, (814) 743-9094, dennb8@aol.com; **USS Palau, CVE 122**, Virginia Beach, VA, 5/4-7, Harry G. Weldy, (410) 658-6043, hweldy@dol.net; **USS**

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USS Power, DD 839, Bahamas Cruise/Port Canaveral, FL, 10/5-9, John Pinto, (352) 527-2352, loosecannon839@digitalusa.net; **USS Puget Sound, AD 38**, Lancaster, PA, September, John Seymour, (901) 853-1450, rebels45@yahoo.com; **USS Raton, SS/SSR/AGSS 270**, Reno, NV, 9/1-5, Bill Decker, (540) 459-1928, bdecker@shentel.net; **USS Richard B. Russel, SSN 687**, Reno, NV, 9/3-5, John Chaffey, (307) 645-3245, tautog@nemonet.net

USS Rigel, AF 58/AR 11, Baltimore, September, Bill Short, (315) 252-5838, dinamlrs@aol.com; **USS Rowe, DD 564**, Charleston, SC, September, Bob Wood, (616) 866-9483, dinamlrs@aol.com; **USS Rushmore, LSD 14/47**, Rapid City, SD, 9/24-28, Ed Clark, (719) 837-2717; **USS Saylor, CVE 117**, Norfolk, VA, 9/14-17, Robert Fox, (217) 446-1122, foxpnt@aol.com; **USS Sam Rayburn, SSBN 635**, Silverdale, WA, 9/4-7, Walter Draper, (206) 479-3945, wsdraperiv@aol.com

USS San Pablo, AVP/AGS 30, New Orleans, 5/1-4, Stuart Norris, (585) 223-2713, stuenormus@email.msn.com; **USS Sargo, SSN 583**, Branson, MO, 9/10-14, Frank Snyder, (503) 788-5549, sargo583@msn.com; **USS Scamp, SSN 588**, Reno, NV, 9/1-5, Lou Minor, (916) 663-3921, lou@uss-scamp.com; **USS Seafox, SS 402**, Silverdale, WA, 9/11-14, Jim Mason, (360) 692-2856, evryan2@charter.net; **USS Severn, AO 61**, Ramkota, SD, 10/2-4, David Barber, (614) 837-1268, barberdn@aol.com

USS Shadwell, LSD 150, Baltimore, 4/24-27, Lowell E. “Lupe” Ellingson, (609) 627-3870, shadlupe@aol.com; **USS Simon Lake, AS 33**, Florida, September, Gordon Sanders, (757) 588-2023, usn3030@aol.com; **USS Surfbird, AM/MSF/ADG 383**, Branson, MO, 9/23-26, Don Gillispie, (503) 649-4803, dongil_99@yahoo.com; **USS Tarawa, CV/CVA/CVS 40**, Portsmouth, NH, 5/7-11, Joseph Bonchack, (508) 561-0215, jsonb01@aol.com

USS Tautog, SS 199/SSN 639, Reno, NV, 9/3-5, John Chaffey, (307) 645-3245, tautog@nemonet.net; **USS Turner, DD/DDR 834/DD 648**, Mobile AL, 9/17-21, Richard Shanaberger, (717) 764-3834; **USS Watts, DD 567**, Charleston, SC, September, Jim Hanks, (810) 231-2215, jhanks@tm.net; **USS White Marsh, LSD 8**, Baltimore, 4/24-27, Lowell E. “Lupe” Ellingson, (609) 627-3870, shadlupe@aol.com; **USS Whiteside, AKA 90**, Branson, MO, 6/5-8, Dean Wall, (828) 724-4296

USS Whitney, AD 4, Collinsville, IL, 4/22-24, Archie Bilger, (440) 466-8467; **USS William F. Seiverling, DE 441**, Laughlin, NV, 9/30-10/3, Bob Green, (928) 757-2638, mukamuk1@aol.com; **USS Wiseman, DE 667, WWII and Korea**, Mobile, AL, 4/24-26, Harold Clemens, (504) 682-5902, xchangemgr@aol.com; **USS Yarnall, DD 541**, Baton Rouge, LA, 5/13-15, Roger McCracken, (818) 894-4982, rdmcrcracken@juno.com; **VA-728/VA-155 Korea**, Branson, MO, 4/30-5/4, Ted Nelson, (816) 792-4160; **VP-1 P-3**



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COMRADES IN DISTRESS

- A Co 1st Med Tank Bn 33rd Armd Div APO 39.** Glen C. Petersen needs witnesses to verify that he was placed on bed rest for seven to 10 days due to a head injury after falling off a tank during a field training exercise in Baumholden, Germany, in winter 1959. CID 1447

IN SEARCH OF

- 1st Missile Bn 41st FA APO 36 7th Army.** Anyone who served with the "Honest John" unit in Kitzingen, Germany, between May 1959 and December 1960, contact William J. "Jerry" Gault, 6243 Gilman St., Garden City, MI 48135 or call (734) 261-3591.
- 2nd Div A Co Tank Bn.** Anyone who served at Mainz, Germany, between November 1954 and 1956, contact Steve A. Chorkaluk, 9637 Elm, Taylor, MI 48180 or call (313) 291-8109.
- 2nd Recon Sqdn 7th Cav A, B, C & HQ Trps, "Bamberg Garryowens."** Anyone who served in Bamberg, Germany, between 1958 and 1963, contact Joe Ouellette, 822 E. Essex, Glendale, MO 63122, call (314) 965-2990 or e-mail sales@omsinc.net.
- 3rd Bn 5th Mar 106th Plt.** Anyone who served between 1956 and 1961, contact Joe Rossi, 3420 E. 22nd Ave., Lake Station, IN 46405 or call (219) 962-9610.
- 3rd Inf Rgt Anti-Tank Co.** Anyone who served in Europe during WWII, contact Henry W. Jones, 1638 Broadway, Alameda, CA 94501.
- 3rd Radio Sqdn Mobile Flight B.** Anyone who served on St. Lawrence Island, Alaska, between 1953 and 1954, contact Daniel L. Grimsley, 1258 Liberty Landing Road, Winnabow, NC 28479 or call (910) 371-2017.
- 5th FIS.** Anyone who served at McGuire AFB, N.J., between October 1954 and October 1957, contact Harold Holman, 5631 381st Ave., Burlington, WI 53105, call (262) 537-2063 or e-mail hunterone@tds.net.
- 5th Inf Div Red Diamond Chorus.** Anyone who served in Augsburg, Germany, between 1950 and 1956, contact Richard Cardot, Route 1 Box 131-A, Beverly, WV 26253, call(304) 636-1167 or e-mail rcardot@meer.net.
- 7th AAA AW Bn.** Anyone who served on le Shima in 1944, contact Nino T. Arioli, 20619 Foster Drive, Clinton Township, MI 48036, call (586) 468-5276 or e-mail nxarioli@webtv.net.
- 7th Bn 15th FA.** Anyone who served in Vietnam between July 1967 and November 1971, contact Dave Holdorf, 9343 W. Capitol Drive, Milwaukee, WI 53222, call (414) 464-2939 or e-mail hidavo@execpc.com.
- 14th Finance Unit.** Anyone who served in Fuerth, Germany, between 1969 and 1975, contact Larry Kernohan, 15620 E. Risley St., Whittier, CA 90603, call (562) 947-4082 or e-mail kar4jay@gte.net.
- 15th Constabulary Sqd B Trp.** Anyone who served in Weiden, Germany, between 1950 and 1953, contact Joe Amato, 85 Imperial Park Drive, Middletown, NY 10941 or call (845) 692-8289.
- 18th Mech Cav Recon Sqdn C Trp.** Anyone who served at Fort Riley, Kan., or Puerto Rico in 1945, contact Art Fredericksen, 65 Depot Road, Falmouth, ME 04105 or call (207) 781-4709.
- 19th Ord Co.** Anyone who served at Ascom City, Korea, between 1955 and 1957, contact Louis Everest, 3341 Chestnut Ave., Balto, MD 21211 or call (410) 467-8249.
- 21st Coast Arty C Btry.** Anyone who served in Cape May, N.J., between December 1942 and December 1943, contact Churchill Rifenburg, 17 Lamp Light Court, 7139 Albany Post Road, Rhinebeck, NY 12572 or call (845) 758-3824.
- 25th Inf Div D Co 3rd Bn 24th Inf.** Anyone who served in Vietnam between September 1968 and December 1969, contact Charles Thoe, P.O. Box 574, Texico, NM 88135.
- 32nd Sig Bn E Co V Corps.** Anyone who served in Darmstadt, Germany, between 1953 and 1955, contact Jimmy Dalgaard, 491 Naples Road, Harrison, ME 04040, call (207) 583-4996 or e-mail jimmydalgaard@yahoo.com.
- 35th Spec Inf Co.** Anyone who served at USMCR Santa Rosa or Tulare, Calif., between 1955 and 1957, contact Nevel Lyons, 6560 Pyramid Highway #36, Sparks, NV 89436 or call (775) 424-1748.
- 38th Inf Rgt 2nd Div E Co.** Anyone who served in Korea between 1950 and 1953, contact Earl Patterson, 271 Jackson Trailer Park Road, Corbin, KY 40701 or call (606) 528-6845.
- 43rd Inf Winged Victory Chorus.** Anyone who served in Augsburg, Germany, between 1950 and 1956, contact Richard Cardot, Route 1 Box 131-A, Beverly, WV 26253, call(304) 636-1167 or e-mail rcardot@meer.net.
- 43rd Seabee Const Bn.** Anyone who served in Hawaii, Kodiak, Alaska, or Nagasaki, Japan, between 1942 and 1945, contact Tony Percoco, 73 Westwood Ave., Ellenville, NY 12428, call (845) 647-6092 or e-mail tvtoursinc@aol.com.
- 49th Army Band.** Anyone who served in Trieste, Italy, between 1949 and 1952, contact Anthony Matarazzo, 601 Du Buque Ave. S.E., Palm Bay, FL 32909 or call (321) 724-1983.
- 64th Spec Inf Co.** Anyone who served at USMCR Santa Rosa or Tulare, Calif., between 1955 and 1957, contact Nevel Lyons, 6560 Pyramid Highway #36, Sparks, NV 89436 or call (775) 424-1748.
- 66th Army Postal Unit.** Anyone who served in Pusan, Korea, between February 1952 and May 1953, contact Russell Jensen, 1002 8th Ave. N, Humboldt, IA 50548 or e-mail rjens@trvnet.net.
- 69th Tank Plt 69th Div.** Anyone who served in Weimar, Germany, during WWII, contact Herbert O. Elmore, Box 226, Frewsburg, NY 14738 or call (716) 569-4685.
- 75th Bomb Sqdn 42nd Bomb Wing (SAC).** Anyone who served at Loring AFB in Limestone, Maine, between September 1953 and December 1956,

contact Red Heller, 7903 East Drive, North Bay Village, FL 33141, call (305) 758-2626 or e-mail irv.red.heller@juno.com.

- 79th Inf Div HQ Btry.** Anyone who served between 1942 and 1945, contact George Ahlrichs, 748 Hidden Glen, Cincinnati, OH 45230 or call (513) 231-8957.
- 80th Ftr Bomb Sqdn K-13.** Anyone who served in Suwon, Korea, between March 1953 and March 1954, contact Mark Mason, 978 College Drive, Madison, GA 30650, call (706) 342-0666 or e-mail markedithmason@aol.com.
- 83rd Eng Const Bn.** Anyone who served in HQ and HQ Co in Fontenet, France, between 1960 and 1963, contact Johnny Selvidge, 321 Branch Lane, Knoxville, TN 37924, call (865) 546-7936 or e-mail chasty1@msn.com.
- 85th Trans Car Co 7th Army HQ Patch Barracks.** Anyone who served in Germany between June 1955 and December 1956, contact Ray Taylor, 221 Barfield Road, Mooresville, NC 28115 or call (704) 662-0265.
- 93rd Eng Const Bn.** Anyone who served on Guam or Okinawa between 1948 and 1949, contact Lemuel Taylor at lemde@webtv.net.
- 109th Trans Co Medium Truck (Petroleum) APO 154 N.Y.** Anyone who served at Coffee Barracks or Flak Kaserne in Ludwigsburg, Germany, between 1960 and 1966, contact Daniel J. Causer, 903 Barden Brook, Eldred, PA 16731 or call (814) 225-3681.
- 155th Port Bn.** Anyone who served in Skagway, Alaska, between 1942 and 1944, contact James L. Sullivan, 5 Sunset Drive, Leicester, MA 01524 or call (508) 892-3333.
- 264th FA Bn.** Anyone who served in C Btry or Charlie Co in Bad Kreuznach, Germany, between February 1953 and May 1955, contact Jack R. Denny, 1803 1/2 Swift, North Kansas City, MO 64116 or call (816) 471-4194.
- 294th MP Co.** Anyone who served at 5th Army HQ in Chicago between December 1960 and August 1962, contact Elmer F. Schroeder, 249 Willowick Way, Venice, FL 34293, call (941) 492-6758 or e-mail efschroeder@cs.com.
- 311th Field Hosp.** Anyone who was stationed at Qui Nhon, Vietnam, in 1969, contact Don Schneider at (361) 939-7268 or e-mail dtschnr@juno.com.
- 317th Troop Carrier Grp HQ 40th and 41st Sqdns.** Anyone who served in Australia, New Guinea, Philippines or Okinawa between January 1943 and December 1945, contact Vince Krobath, 22 Lantana Drive, St. Louis, MO 63122, call (314) 842-2484 or e-mail shaka74@aol.com.
- 322nd Sig Bn E Co V Corps.** Anyone who served in Darmstadt, Germany, between 1953 and 1955, contact Jimmy Dalgaard, 491 Naples Road, Harrison, ME 04040, call (207) 583-4996 or e-mail jimmydalgaard@yahoo.com.
- 333rd Sig Co.** Anyone who served on Okinawa between December 1965 and December 1968, contact Frank M. Googins Sr., 3553 Tiara Way West, Jacksonville, FL 32223, call (904) 262-9206 or e-mail fgooginsr@iopener.net.
- 420th FA Grp HQ 531st and 532nd FA Bns.** Anyone who served on Okinawa in 1945, contact Dave Hirsch, 11815 Indianapolis St., Los Angeles, CA 90066, call (310) 397-8357 or e-mail dave.hirsch@verizon.net.
- 433rd and 435th Tact Ftr Sqdns.** Anyone who served at Ubon, Thailand, between June 1967 and 1968, contact Bob Marohn, 732 Fst N.E. #4, Brainerd, MN 56401, call (218) 828-1960 or e-mail abmarohn@uslink.net.
- 457th AAA AW Bn.** Anyone who served in HQ or HQ Btry during WWII, contact Noble Bierman, 840 Eichelberger Drive, Urbana, OH 43078 or call (937) 653-5772.
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539th FIS. Anyone who served at McGuire AFB, N.J., between October 1954 and October 1957, contact Harold Holman, 5631 381st Ave., Burlington, WI 53105, call (262) 537-2063 or e-mail hunterone@tds.net.

550th and 551st Ord Dets Ammo. Anyone who served in Vietnam between 1965 and 1966, contact Rex C. Green, 17160 Lone Tree Road, Wheaton, KS 66521 or e-mail forthome@bluevalley.net.

555th Tact Ftr Sqdn. Anyone who served at Ubon, Thailand, between June 1967 and 1968, contact Bob Marohn, 732 Fst N.E. #4, Brainerd, MN 56401, call (218) 828-1960 or e-mail abmarohn@uslink.net.

594th FA Bn (SP). Anyone who served between 1950 and 1953, contact Joseph Diggs, 1913 Kings Grant Drive, Augusta, GA 30906 or call (706) 790-4829.

609th Tank Destroyer Bn. Anyone who served at Normandy or Bastogne, contact Larry Jansen, P.O. Box 147, Fair Lawn, NJ 07410, call (201) 791-0134 or e-mail sunkistmarine@webtv.net.

667th AC&W Sqdn. Anyone who served at Hamilton AFB, Calif., between 1951 and 1954, contact George Woodfield, 632 Calliope Way, Mount Airy, MD 21771 or call (301) 829-1234.

672nd Amph Tract Bn. Anyone who served, contact Elmer Hallen, 1161 Stark St., Kewaskum, WI 53040 or call (262) 626-2253.

724th LM Ord Co 24th Inf Div. Anyone who served in Kokura, Japan, between 1947 and 1948, contact William T. Pesenko, 8012 S. Kedvale Ave., Chicago, IL 60652 or call (773) 585-7149.

737th Tank Bn B Co. Anyone who served in Europe during WWII, contact John Simms, 808 W. White St., Marion, IL 62959 or call (618) 997-0597.

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815th AAA AW Bn. Anyone who went through basic training at Camp Haan, Calif., between July 1943 and December 1943, contact Ken Jorgensen, 3407 Mapleleaf Drive, Glenview, IL 60025 or e-mail melken60@aol.com.

830th Amph Truck Co. Anyone who served between 1943 and 1945, contact Bruce Hereford, 94 Main Poland Road, Conway, MA 01341, call (413) 369-9912 or e-mail brice@crocker.com.

832nd Eng Avn Bn H&S Co. Anyone who served between 1952 and 1954, contact Leroy Steuhm at (402) 331-6943.

881st Ord. Anyone who served at Camp Conley in Atlanta in 1946 or Camp Campbell, Ky., between January 1947 and July 1947, contact Allen R. Corbett, 1101 Hart Circle, Snow Hill, NC 28580 or call (252) 747-3191.

1052nd Port Const and Repair Grp. Anyone who served between July 1943 and December 1946, contact Kenneth McBain, 1005 Lakeview Way, Redwood City, CA 94062 or e-mail kymcibain@aol.com.

1780th Ord MAM Avn. Anyone who served during WWII, contact Michael Fichera, 3420 Corral Drive, Apt. 106, Rapid City, SD 57702 or e-mail mikef5348@aol.com.

3300th Food Serv Sqdn. Anyone who served at Keesler AFB, Miss., in 1956, contact Joe C. Valverde, 409 Dolores Drive N.W., Albuquerque, NM 87105 or call (505) 831-1821.

5700th Air Police Sqdn. Anyone who served at

Albrook AFB or the Panama Canal Zone between 1951 and 1954, contact Wayne Williams, 8015 Mulvehill Road, Morris, AL 35116 or call (205) 647-6140.

6160th Air Police Sqd. Anyone who served at Itasuke AFB in Fukuoka, Japan, between 1951 and 1953, contact Fritz Kirkby at (614) 891-3059 or e-mail jack.lanius@verizon.net.

6920th USAFSS Comm Center. Anyone who served in Shiroy, Japan, between 1955 and 1956, contact Fred Yeaton, 1801 Bermuda Dunes Lane, Ocala, FL 34472, call (352) 624-1545 or e-mail flyeaton@aol.com.

6988th Radio Sqdn Mobile (Transec). Anyone who served at Fuchu, Japan, between 1959 and 1961 or TDY in Kunsan, Korea, in December 1959 and December 1960, contact Paul Siler, 30 Brian Court, Troy, NY 12182, call (518) 233-9134 or e-mail psiler136@aol.com.

7101st CE Sqd. Anyone who served in the Base Fire Department at Wiesbaden AFB, Germany, between 1969 and 1973, contact Andre Greene, 2059 McGraw Ave., Apt. 10-H, Bronx, NY 10462 or call (718) 828-5602.

8224th MP Det. Anyone who served in Inchon, Korea, in the 1950s, contact A.P. Jones, P.O. Box 279, Winchester, ID 83555, call (208) 924-5121 or e-mail 2flycrow@cybrquest.com.

A Btry 56th FA Bn. Anyone who served in Schwabach, Germany, between 1956 and 1958, contact Donald D. Schulz, 20612 550th Ave., Wells, MN 56097 or call (507) 553-3506.

A Co 99th QM Bn (Bakery). Anyone who served at Camp Blanding, Fla., between May 1941 and June 1942, contact David Turner, 407 Channing Way, Exeter, CA 93221, call (559) 592-3746 or e-mail dtumr@mindinfo.com.

A Co 329th Inf Rgt 83rd Inf Div. Anyone who served in Europe between 1943 and 1945, contact Gary Vaughn, 792 Vault Mine Court, Green Valley, AZ 85614, call (520) 648-0748 or e-mail lazyv@yahoo.com.

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Baker Co 1st Bn 7th Mar. Anyone who served at Hill 495 near the DMZ in Korea between March 1954 and April 1955, contact John Oltman, 1329 S. 36th St., Omaha, NE 68105, call (402) 344-4975 or e-mail omahadad1@cs.com.

Boat Unit 1007 Air Sea Rescue Boats. Anyone who served in Tacoma or Rustin, Wash., between 1944 and 1945, contact Joseph "Curly" Larkin, 11506 Summer St., Adelanto, CA 92301 or call (760) 246-8906.

C Co 3rd Shore Party Bn 3rd Mar Div. Anyone who served at White Beach and Camp Hauge, Okinawa, between 1955 and 1957, contact Edwin Heagle, 824 Hurd Crossroad, Corning, NY 14830.

C Co 3rd Shore Party Bn 3rd Mar Div. Any sailor or Marine who served aboard the USS *Oakhill*, LSD 7, in Southeast Asia between October 1956 and November 1956, contact Edwin Heagle, 824 Hurd Crossroad, Corning, NY 14830.

C Co 10th Armd Inf Bn. Anyone who served between June 1943 and December 1945, contact Marc Burlile, 1102 W. Oak St., Frackville, PA 17931 or call (570) 874-2278.

Class 6-45. Anyone who attended Parachute

Riggers School in Lakehurst, N.J., between November 1944 and March 1945, contact Stanley E. Stewart, 1505 Ridge Point Road, Hixson, TN 37343 or call (423) 842-1714.

Co 52-923. Anyone who served at the U.S. Naval Tng Center in San Diego between December 1952 and March 1953, contact Patrick W. D'Ostilio, 2174 Talking Rocks Road, Reeds Spring, MO 65737, call (417) 338-8438 or e-mail pat@inter-linc.net.

Co 53. Anyone who went through boot camp at the U.S. Naval Tng Center in Great Lakes, Ill., between June 1947 and September 1947, contact Samuel Arthur Shelley, 20 Glade Circle East, Rehoboth Beach, DE 19971, call (302) 226-3520 or e-mail ashelley@dmv.com.

Co 90. Anyone who went through boot camp at the U.S. Naval Tng Center in Bainbridge, Md., between August and November 1952, contact W.T. Smith, 465 Happy Valley Road, South Williamson, KY 41503, call (606) 237-5803 or e-mail poppypops@charter.net.

Co 91. Anyone who went through boot camp at the U.S. Naval Tng Center in Great Lakes, Ill., between May 1950 and August 1950, contact Allan F. Barr, 226 Prospect St., Apt. 301, Wethersfield, CT 06109 or call (860) 529-6550.

Co 216. Anyone who went through boot camp at the U.S. Naval Tng Center in Great Lakes, Ill., in summer 1948, contact Paul Junktins, 4452 Grand Ave., Shadyside, OH 43947, call (740) 676-7989 or e-mail awf926@aol.com.

Co 4528. Anyone who graduated from boot camp at the U.S. Naval Tng Center in Bainbridge, Md., in July 1946, contact Stanley (Pollowitz) Parker, 4257 Bedford Ave., Brooklyn, NY 11229 or call (718) 934-5666.

Co E-317. Anyone who went through boot camp in Sampson, N.Y., between April 1944 and June 1944, contact Edward F. Caramanica, 24 Surrey Lane, Peabody, MA 01960 or call (978) 535-2079.

E Co 4th Tng Bn 3rd Tng Bde (BCT). Anyone who went through boot camp at Fort Bliss in El Paso, Texas, between April 1966 and August 1966, contact Jerry L. Lindsley, P.O. Box 481, El Reno, OK 73036, call (405) 422-4441 or e-mail jlindsley@cox.net.

Flag Admin Unit CincLantFit. Anyone who served at Norfolk, Va., between April 1948 and October 1951, contact Samuel Arthur Shelley, 20 Glade Circle East, Rehoboth Beach, DE 19971, call (302) 226-3520 or e-mail ashelley@dmv.com.

GROPAC 13. Anyone who served in Tension, China, between November 1945 and June 1946, contact Henry L. Gurganus, 163 Dover Road, Cove City, NC 28523.

HQ Co 6th Armd Div 5th Army. Anyone who served in the offices of AG Classification and Assignment at Fort Leonard Wood, Mo., between December 1952 and June 1954, contact Walter E. Pritchard, 1135 S. 22nd St., Clarinda, IA 51632, call (712) 542-4663 or e-mail pritchard@heartland.net.

HQ Korean Comm Zone Personnel Sect. Anyone who served in Tague or Pusan, Korea, between 1954 and 1955, contact Bob Crane at (435) 586-6478 or e-mail milford_crane@yahoo.com.

HQ Serv Sqdn 13 AD APD 704. Anyone who served at Japanese Air Materiel Area in Tachakawa, Japan, between 1946 and 1949, contact Jacques "Jake" E. Perrault, 5093 Southshore Drive, Polk City, FL 33868, call (863) 984-2823 or e-mail reelax2@webtv.net.

MP Co C. Anyone who served with DASA at Killeen Base, Texas, between 1965 and 1967, contact Wiley K. Reed, 2157B Kenyon St. N.E., Louisville, OH 44641 or call (330) 875-1354.

New York Army Nat Guard 42nd Div 2nd Bn 108th Inf. Anyone who served with HQ Co Med Plt or

- CSC Anti-Tank Plt between 1983 and 1984, contact L. Darling at (859) 873-6916.
- NMCBs 5 and 24.** Anyone who served on convoy duty in late December 1990 during Operations Desert Shield and Desert Storm en route to Res Al Mishab in Saudi Arabia, contact George E. Kernaghan, 10404 E. 40th St., Kansas City, MO 64133, call (816) 358-7765 or e-mail gekernaghan@netscape.net.
- NMCB 24.** Anyone who served at Camp 13, Tent 26A in Al Jubail, Saudi Arabia, between December 1990 and January 1991, contact George E. Kernaghan, 10404 E. 40th St., Kansas City, MO 64133, call (816) 358-7765 or e-mail gekernaghan@netscape.net.
- Plt 543 F Co 2nd Bn MCRD.** Anyone who went through boot camp at Parris Island, S.C., between October 1952 and December 1952, contact Warner R. Hartgrove, 4810 Sidney Lane, McLeansville, NC 27301.
- Plt 1008 3rd Bn Recruit Tng Depot.** Anyone who served at Parris Island, S.C., between September 1971 and December 1971, contact L. Darling at (859) 873-6916.
- Port Lyautey, French Morocco.** Any Navy personnel who did shore patrol between 1949 and 1951, contact Thomas Laxton, 3 Ontario Road, Floral Park, NY 11001.
- SAC 3924th Air Police Sqdn (SPL).** Anyone who served at Camp Carson HQ 5th Army in Colorado Springs, Colo., between 1952 and 1953, contact Wendell J. Summy, R.R. 6 Box 157, Mount Pleasant, PA 15666.
- Seabee Tech Assistance Team 1011.** Anyone who served in Vietnam between September 1967 and March 1968, contact Roy Smithson, 842 Poplar Drive, Sellersburg, IN 47172, call (812) 246-0036 or e-mail rhsconst@aol.com.
- Small Ships Branch, Water Div, Trans Corps.** Any Army personnel who served with the 31st or 42nd Divs or the ship and gun crew in New Guinea during WWII, contact Ed Dennis, 1454 W. 72nd St., Hialeah, FL 33014 or call (305) 821-7131.
- Sondrestrom AFB.** Anyone who served in Greenland between 1973 and 1974, contact Brian Riley, 184 Temple St., Fredonia, NY 14063 or e-mail rilefam@netsync.net.
- SS Joseph E. Johnston.** Anyone who served aboard in 1944, contact Henry Morris, 4037 Lockbourne Road, Columbus, OH 43207 or call (614) 497-0512.
- Teletype Maint Class 26015-B.** Anyone who served at F.W. Warren AFB in June 1955, contact George S. Bowman, 140 Betsy Ave., Bedford, PA 15522, call (814) 623-8809 or e-mail bingolady@pennswoods.net.
- USCGC Avoyel, WMEC-150.** Anyone who served aboard in Fields Landing, Calif., between 1963 and 1964, contact Frank J. Plohr, 804 S. 11th St., Richmond, IN 47374 or call (765) 935-6211.
- USCGC Bering Straits, WHEC 382.** Anyone who served aboard in Hawaii between 1961 and 1962, contact Frank J. Plohr, 804 S. 11th St., Richmond, IN 47374 or call (765) 935-6211.
- USCGC Tamaroa, WMEC 166.** Anyone who served aboard, contact Thomas E. Reinhart, 3622 Benson Ave., Baltimore, MD 21227 or call (410) 525-1936.
- U.S. Naval Armed Guard.** Anyone who served aboard the SS *MT Norlys* on the Normans run in December 1943, contact Tom Messoro, 16 Dickenson Ave., Stillwater, NY 12170 or call (518) 664-3722.
- U.S. Naval Armed Guard.** Anyone who served aboard the SS *Robert Lucas* between April 1944 and November 1944 or the SS *Hydra* between February 1945 and August 1945, contact Lee Ryan, P.O. Box 35, Church Hill, TN 37642.
- U.S. Navy Hosp 128, Navy Yard, Hosp Point,**
- PHTH.** Anyone who served as a staff hospital corpsman between August 1943 and January 1944, contact Arthur Senter, 15 Hawthorne St., Rockland, MA 02370.
- USS Anacostia, AO 94.** Anyone who served aboard between 1944 and 1946, contact Charles Ellner, 1143 Illinois Ave., Cape May, NJ 08204, call (609) 884-4509 or e-mail cholell@dandy.net.
- USS Basilone, DD 824.** Anyone who served aboard between October 1965 and August 1966, contact Paul Winburn, 6157 Carmel Lane, Inverness, FL 34452, call (353) 341-2899 or e-mail thebyrd34452@yahoo.com.
- USS Beale, DD 471.** Anyone who served aboard in Vietnam in 1966, contact John T. Maxwell, 303 Salem Hancock Bridge Road, Salem, NJ 08079 or call (856) 935-6953.
- USS Beltrami, AK 162.** Anyone who served aboard between 1949 and 1952, contact C. Raymond Lux, 13 Emily Drive, New Britain, CT 06053 or call (860) 223-1947.
- USS Cape Esperance, CVE 88.** Anyone who served aboard during the Philippine Liberation Campaign and Typhoon Cobra in 1944 and 1945, contact Paul Schlener, 4844 Bluff Drive, Moses Lake, WA 98837, call (509) 765-4444 or e-mail plschle4@atnet.net.
- USS Cyphus, AK 18.** Anyone who sailed aboard to North China in November 1945, contact Henry L. Gurganus, 163 Dover Road, Cove City, NC 28523.
- USS Edward Rutledge, AP 52.** Anyone who served aboard in November 1942, contact Marion Weeks, 79 Homestead Lane, Yarmouthport, MA 02675, call (508) 375-0967 or e-mail threeweeks@attbi.com.
- USS Guavina, SS 362.** Anyone who served aboard between February 1953 and November 1955, contact W.T. "Watertight" Smith, 465 Happy Valley Road, South Williamson, KY 41503, call (606) 237-5803 or e-mail poppypops@charter.net.
- USS Gyatt, DD 712.** Anyone who served aboard between 1967 and 1968, contact Pete Carofano, 210 Hillcrest Manor Drive, Marlboro, NY 12542 or call (845) 236-3604.
- USS Henley, DD 762.** Anyone who served aboard between 1952 and 1956, contact B.W. Kave, 604 Artisan Way, Martinsburg, WV 25401, call (304) 262-6021 or e-mail bkave68@hotmail.com.
- USS James Marshall.** Anyone who served aboard during Operation Gooseberry and the Overlord Campaign, contact William "Mannix" Martin, 6 Deerfield Drive, Trumbull, CT 06611, call (203) 268-9478 or e-mail jewellandgeorge@aol.com.
- USS Joyce, DER 317.** Anyone who served aboard between January 1954 and September 1958, contact Michael Prunty, 1412 Gillespie Ave., Bronx, NY 10461, call (718) 829-6680 or e-mail mikebxaa@aol.com.
- USS LCI "G" 442.** Anyone who served aboard between 1943 and 1945, contact Arthur Dillon, 1887 Morin Drive, Bay City, MI 48708 or call (989) 893-3821.
- USS Lewis Hancock, DD 675.** Anyone who served aboard between 1950 and 1958, contact Patsy Iapalucci, 323 W. Third St., Greensburg, PA 15601, call (724) 834-0370 or e-mail iapal@stargate.net.
- USS LSM 490.** Anyone who served aboard between 1944 and 1947, contact Allen G. Mock, 28182 Hemenway Ave., Port Charlotte, FL 33980 or call (941) 625-5175.
- USS LSMR 517.** Anyone who served aboard at the U.S. Naval Amph Base in Little Creek, Va., between 1946 and 1948, contact Stanley Pollowitz Parker, 4257 Bedford Ave., Brooklyn, NY 11229 or call (718) 934-5666.
- USS LSMR 522.** Anyone who served aboard at
- Green Cove Springs, Fla., between April 1951 and December 1952, contact Frank Quaiel, 147 Genoa St., Indian Harbour Beach, FL 32937, call (321) 773-4550 or e-mail fquaiel@aol.com.
- USS Newell, DE 322.** Anyone who served aboard during WWII, contact Henry R. Smith, 2343 Hulett Road, Okemos, MI 48864.
- USS Pocono, AGC 16.** Anyone who served aboard in the Flag Unit CinCLantFit between October 1947 and March 1948, contact Samuel Arthur Shelley, 20 Glade Circle East, Rehoboth Beach, DE 19971, call (302) 226-3520 or e-mail ashelley@dmv.com.
- USS Princeton, LPH 5.** Anyone who served aboard in the 3rd Boatswain's Mate Division or Boat Division between 1965 and 1969, contact Frank R. Lucuk, 31 Dauria Drive, Seymour, CT 06483, call (203) 734-5982 or e-mail flucuk@aol.com.
- USS Salmon, SS 182.** Anyone who served aboard in November 1944, contact John E. Kovacs, 305 S. Stone Creek Circle, Payson, AZ 85541 or call (928) 472-6121.
- USS Suribachi, AE 21.** Anyone who served aboard as a 1st Division boatswain's mate or corpsman between 1972 and 1973, contact Raymond Boylston at boylsee@televar.com.
- USS Tarawa, CV 40.** Anyone who served aboard as a pilot in Carrier Air Grp One Comp Sqdn 10 in 1948, contact Bob Pomponi, R.D. 12 Box 448, Greensburg, PA 15601 or call (724) 837-2284.
- USS YMS 461.** Anyone who served aboard the ship later renamed the USS *Swallow*, AMS 36, between June 1946 and March 1948, contact George Cavanaugh, 1601 N. Via Encanto, Tucson, AZ 85715 or call (520) 298-8637.
- USS Zuni, ATF 95.** Anyone who served aboard, contact Thomas E. Reinhart, 3622 Benson Ave., Baltimore, MD 21227 or call (410) 525-1936.
- Utility Sqdn VJ-17.** Anyone who served on Guam or Majuro in the Marshall Islands between 1944 and 1945, contact Bill McElvain, Box 204, Funk, NE 68940 or call (480) 895-2995.
- VA-75.** Anyone who served at NAS Oceana or aboard the USS *Independence*, CVA 62, between 1964 and 1967, contact J.V. Petrelli, 920 Laurel St., Rome, NY 13440 or e-mail cva62@borg.com.
- VMF-211.** Anyone who served aboard the USS *Coral Sea*, CVB 43, in 1952, contact Sante Isopo, 29 Play Road, Enfield, CT 06082, call (860) 749-7537 or e-mail sisopo@aol.com.
- VMF(AW)-513.** Any Marines who served between 1963 and 1965, contact Jim Beasley, Box 23, Langley, OK 74350 or call (918) 723-3419, or Jim (Harvey) Kuehn, Route 2 Box 386, Westville, OK 74965 or call (918) 723-3419.

TAPS

Ray Martinez, Dept. of Arizona. Dept. Cmdr. 1950-1951, Nat'l Child Welfare Cmsn. Memb. 1951-1957 and 1980-1985, Nat'l Child Welfare Cmsn. Vice Chmn. 1952-1953, Nat'l Child Welfare Cmsn. Chmn. 1953-1954, Nat'l Sec. Training Cmte. Memb. 1960-1962, Nat'l Inter-American Cmte. Memb. 1962-1963, Nat'l Sec. Cncl. Memb. 1963-1964, Nat'l Legis. Cncl. Memb. 1983-1990, Nat'l Cmsn. On Children & Youth Chmn. 1984-1988, 1990-1991 and 1993-1994, and Nat'l Cmsn. On Children & Youth Memb. 1988-2002.

Moritz McShannon, Dept. of Oregon. Nat'l Law & Order Cmte. Memb. 1975-1976, Nat'l Distinguished Guests Cmte. Vice Chmn. 1980-1989, Dept. Cmdr. 1985-1986 and Nat'l Resolutions Assignment Cmte. Memb. 1989-1993.

Gerald Quick, Dept. of Tennessee. Dept. Cmdr. 1975-1976.

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parting shots

Love is never having to say you're sorry. Marriage is never having a chance to say anything.

A WOMAN WALKS into a post office and sees a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. The man then takes out a perfume bottle and sprays the envelopes. Her curiosity getting the better of her, the woman approaches the man and asks what he is doing. "I'm sending out a thousand Valentine cards signed, 'Guess who?'" the man answers.

"Why?" the woman asks.

"I'm a divorce lawyer."

"MY PARENTS MOVED to Florida – they didn't want to, but they're in their 60s, and that's the law."

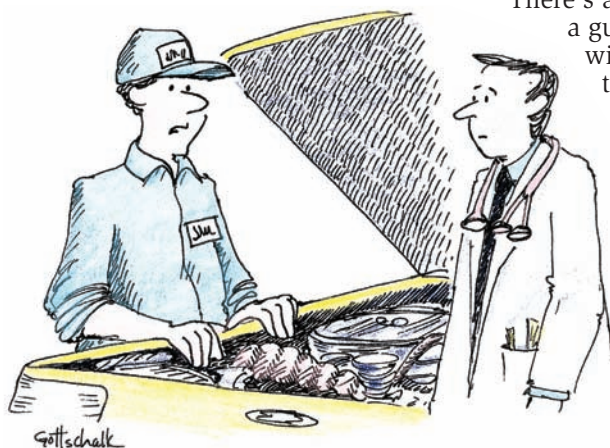
– Jerry Seinfeld

A MAN DIES and goes to heaven. A week after the funeral, his wife hears a voice.

"Mary, it's me! I'm up here in heaven."

"How is it up there, John?" the woman asks.

"It's great, Mary. Golf every day, gin rummy every night, and I always win. Just think – if it hadn't been for that stupid oat bran, I could have been here 10 years ago!"



"Doctor, I would say it has six months to live."



"It's Methuselah! Whatever you do, don't get him going about the good old days."

"I GOT A wonderful tribute at the airport. They fired 21 shots in the air in my honor. Of course, it would've been nicer if they'd waited for the plane to land."

– Bob Hope

A WIFE SOUGHT the advice of a fortune-teller, who said, "Prepare yourself for widowhood. Your husband is about to die a violent death."

The wife sighed deeply and asked, "Will I be acquitted?"

A WOMAN WAS reading the newspaper, while her husband was engrossed in a magazine. Suddenly, she burst out laughing.

"Listen to this," she said. "There's a classified ad here where a guy is offering to swap his wife for a season ticket to the stadium."

"Hmm," her husband said, not looking up from his magazine.

Teasing him, the woman asked, "Would you swap me for a season ticket?"

"Absolutely not," he said.

"How sweet," she said. "Why not?"

"Season's more than half over," he replied.



"If I'm not the man she married, why would I have to make his alimony payments?"

A GRIEF-STRICKEN man threw himself across a grave and cried bitterly, "My life, how senseless it is. How worthless is everything about me because you are gone. If only you hadn't died, if only fate had not been so cruel as to take you from this world, how different everything would have been."

A clergyman happened by and to soothe the man offered a prayer. Afterward he said, "I assume the person lying beneath this mound was someone of importance to you."

"It's my wife's first husband," the man moaned.

"SKIING? I DO not participate in any sport with ambulances at the bottom of the hill."

– Erma Bombeck

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for only **29⁹⁹** and

FREE POSTAGE!

We took your favorite Duke Jeans & added elastic at each side for even more give and take comfort, whether you're reading the paper or roping steers. And you still get all the features that have made Duke Jeans so popular:

- Easy relaxed fit • Pre-washed, pre-shrunk!
- Rugged 8 oz 100% cotton denim
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- Authentic 5-pocket jeans styling
- 100% machine wash easy care!
- Brass zipper and pocket rivets
- Under 20 bucks a pair, even big sizes!

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Imported

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3 for 42.65
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Send ___ jeans. I enclose \$____ purchase price plus ~~\$8.45~~
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ALL THESE SIZES!

Waist:

32 34 36 38 40 42 44

*Big Men (just \$4 more per pair):
46 48 50 52 54 56 58 60

INSEAMS:

S(27-28) M(29-30) L(31-32)

Comfort Jeans — \$2 for 29.99*

	WHAT WAIST?	WHAT INSEAM?	HOW MANY?
JH	Stone		
06	Grey		
08	Light Blue		
15	Indigo		

Plaid Shirts — \$10 each

	WHAT SIZE?	WHAT INSEAM?	HOW MANY?
PB	Green Plaid		
PA	Blue Plaid		

☐ Check ☐ Visa ☐ Discover/NOVUS®

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Light
Blue

Stone

Grey

Indigo

Green
Plaid

Blue
Plaid

Don't miss these **Matching Plaid Shirts**
only **\$10 each**

2 big chest pockets & extra eyeglass pocket. Machine wash yarn-dyed polyester/cotton. Button placket, tails, back yoke & epaulets. Imported. Sizes S, M, L, XL, 2XL, 3XL, 4XL in Green Plaid or Blue Plaid.

Haband!
Duke Habernickel
1600 Pennsylvania Ave., Peckville, PA 18452